

What is the NAMI Basics Education Program?

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.

NAMI Austin, the local affiliate of the National Alliance on Mental Illness, will offer its free NAMI Basics class **Thursdays, July 14 - August 18, 2016**. This class will meet every Thursday for 6 weeks from **6:30 p.m. - 9:00 p.m. at Burnet Middle School, 8401 Hathaway, Austin, TX, 78757**. Registration is required!



Participant Perspectives

“This is such a great step by step program that walks parents every step of the way. It is as if you are holding their hand through it all.”

“The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward.”

“NAMI Basics bridges the gap. It provides help that can’t be found in a doctor’s office.”

Contact NAMI Austin to register for this NAMI Basics class!



View class schedules and register at:

www.namiaustin.org
info@namiaustin.org
512-420-9810

*This NAMI Basics class is in collaboration with
Dell Children’s Medical Center (DCMC) – Anchoring Program.*

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Austin is an affiliate of NAMI Texas. NAMI Austin and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.