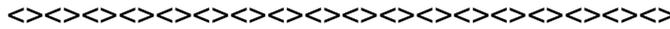




**NAMI Basics Education Program:  
The Fundamentals of Caring for You, Your Family and Your Child with Mental illness**



**What is NAMI Basics?**

NAMI Basics is a free six week education course for parents and other family caregivers of children and adolescents living with mental illness. This course is taught by trained teachers who are also parents/caregivers of individuals who developed the symptoms of mental illness prior to age 13 years.



**What are the main topics of NAMI Basics Program?**

- **Fundamental information** necessary to be an effective caregiver.
- **Coping with the impact** that mental illness has on child and family.
- **Tools for parent/caregiver** to help make the best possible decisions for your child.
- **Self-care for parent/caregiver and family.**

Classes held on:					
9/6	9/13	9/20	9/27	10/4	10/11



**Classes begin: September 6, 2017**

**6:00 PM – 8:30 PM**

**802 Brewster Ave., Redwood City, CA 94063**

**Contact us to register for this NAMI Basics Class!**

**Claudia Saggese: 650 573-2189 or Yolanda Ramirez: 650 559-1047**