



NAMI Basics for Parents

NAMI Basics is a FREE, 6-week course for parents and caregivers of children and teens who are experiencing symptoms of a mental illness or whom have already been diagnosed. NAMI Basics is offered in a group setting so you can connect with other parents face-to-face.

You'll learn about mental health conditions and how best to support your child at home, at school and when they're getting medical care. Last year, 99% of participants told us they would recommend the program to other parents.

The course is taught by a trained team with lived experience—they know what you're going through because they've been there. The 6-session program provides critical strategies for taking care of your child and learning the ropes of recovery.

What You'll Gain

At NAMI Basics, you'll find out that you're not alone. Recovery is a journey, and there is hope. The group setting of NAMI Basics provides mutual support and shared positive impact—you can experience compassion and reinforcement from people who understand your situation. You also can help others with your own experience.

NAMI Basics will help you:

- Manage crises, solve problems and communicate effectively
- Take care of yourself and handle stress
- Develop the confidence and stamina you need to support your child
- Advocate for your child's rights at school and in health care settings
- Learn about current treatments, including evidence-based therapies, medications and side effects
- Understand the public mental health care, education and juvenile justice systems
- Take on the challenges of mental illness in your family

Sign Up for our Upcoming Class

Starting Oct. 14, 2017

Saturdays, from 9am-12pm

First Presbyterian Church

1169 Clark St. Covington, GA

Register by calling: Diane Marinelli @ 678-314-1017 or Caryn Thompson @518-424-4559

Sponsored by the National Alliance of Mental Illness, Georgia Chapter

