

NAMI Basics Education Program

The fundamentals of caring for you, your family and your child with mental illness

NAMI Basics is an education program for parents and other caregivers of children and adolescents living with mental illness. The six session course is taught by trained teachers who are also parents/caregivers of individuals who developed the symptoms of mental illness in childhood. The course provides the fundamentals a caregiver needs to care for themselves, their family, and their child who is living with a mental illness.

The course consists of six classes, lasting 2 ½ hours each. All instruction materials are FREE to participants.

Course elements include:

- The biology of mental illnesses – getting an accurate diagnosis
- Insights into understanding the lived experience of the child diagnosed with mental illness;
- Latest research on medical aspects of the illness and advances in treatment
- problem-solving, listening and communication skills
- overview of systems involved in caring for children and teens

Registration Required, Classes fill Quickly!

Classes begin Thursday, October 13

6:30 – 9:00 p.m.

105 Braunlich Drive, Suite 230, Ross Township

For more information and registration contact:

NAMI Southwestern Pennsylvania

(412) 366-3788 or email info@namiswpa.org

http://www.namiswpa.org/content/inform_yourself/nami_education/NAMI_Basics.php

for additional information regarding the program.

