

FREE CLASS

BASICS PROGRAM

PARENTING YOUTH AND TEENS WITH
BEHAVIORAL HEALTH ISSUES

— VIRTUAL —

Tuesdays starting Oct. 6, 6-8:30 p.m.

NAMI Basics is a free, six-week education program for parents and family caregivers of young people with behavioral health issues and/or diagnoses of mental illness. Classes are led by a trained team with firsthand, lived experience. A group setting provides a community of parents and caregivers facing similar situations.



Learn about early
diagnosis, intervention
& treatment of mental
illnesses & brain disorders



Become your child's
greatest ally at home,
in school and
in medical settings



Develop strategies
for taking care of
yourself as well as
those you love

REGISTRATION REQUIRED: Call 719-473-8477 or email familysupport@namicos.org.

*Those unable to commit to a six-week program might consider NAMI's **Basics Support Group**, offered from 7 to 8:30 p.m. on the second Monday of each month. During COVID-19, registration is required at the phone number or email above; for more, visit namicoloradosprings.org.*



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. If you have questions about Basics, please contact Emily Brady, NAMI family programs coordinator, 719-473-8477, or familysupport@namicos.org.