



National Alliance on Mental Illness

A no-cost, 6-class education program developed specifically for caregivers of children and adolescents who have mental health challenges.

Features of the NAMI Basics program include:

- Recognition of mental illness as a continuing traumatic event for the child and the family.
- Sensitivity to the subjective emotional issues faced by family caregivers and other children in the family.
- Recognition of the need to help ameliorate the day-to-day objective burdens of care and management.
- Gaining confidence and stamina for what can be a lifelong role of family understanding and support.
- Empowerment of family caregivers as effective advocates for their children.
- Help the parent take the best care possible of the entire family, especially themselves.

For more information or to register contact the Program Coordinator

520-622-5582
namisa@namisa.org