



For Parents & Family Caregivers

September 14-October 19

Saturdays 9:30pm-12:00pm

The Magnolia Room
2904 Floyd St.
Dallas, TX 75204

NAMI Basics provides you with skills, knowledge, and a community of people who can relate to your experience. You will learn from people like you, who get it, who have been there. Trained peers will guide you on how to better understand and support your child while maintaining your own well-being.

What should I know?

- ◆ Open to parents and family caregivers of children and adolescents who are experiencing behavioral and emotional challenges.
- ◆ Meets for 6 sessions
- ◆ Free of cost to participants
- ◆ Taught by trained family members whose children experience mental health challenges.
- ◆ No specific medical therapy or medication is endorsed or recommended

Why should I attend?

- ◆ Find a community of support
- ◆ Gain practical up-to-date information about mental health challenges
- ◆ Learn to effectively advocate for your child with the school & mental health systems
- ◆ Develop problem solving and communication skills

How do I get more info and register?

- ◆ Call 214.341.7133
- ◆ Register online at www.NAMINorthTexas.org

What people are saying:

"This class was unexpectedly wonderful! I did not expect to learn so very, very much! It covers so much more than basics that the title doesn't do it justice."

"This is the best program for families with challenging children. It answers so many questions for parents. It can change and improve so many lives. I love that is peer taught by parents, for parents"

"I now realize other parents are struggling too. Thanks for helping me through a challenging time in my life and supplying me with the knowledge I need to help my son succeed."

