

For Any Parent or Primary Caregiver of a Child or Adolescent Living with a Mental Health Challenge



NAMI Basics offers education and support. Taught by parents who have lived similar experiences with their own children, NAMI Basics is an educational program that provides learning and practical insights for families. Course elements include:

- The trauma of emotional, behavioral mental health diagnosis for the child and the family
- The biology of mental illness: getting an accurate diagnosis
- The latest research on the medical aspects of the illness and advances in treatment
- An overview of treatment options – treatment works
- The impact of a child’s mental illness on the rest of the family – caregivers and siblings
- An overview of the systems involved in caring for children and teens

The course is offered free of charge and consists of six classes that meet weekly for 2 ½ hour sessions.

NAMI Maine will offer the 6-session NAMI Basics Education Program in **Bangor** beginning on **Monday, March 7 through April 11, 2016 from 6 - 8:30p.m.**

Register NOW

For more information and to register contact: **Tammy at (207) 752-1850**, or
Christine Canty Brooks at NAMI Maine: 1-800-464-5767, ext. 2305, or email

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www.namimaine.org