

MANCHESTER UNITED METHODIST CHURCH
129 WOODS MILL ROAD
ST. LOUIS, MO 63011

CLASS BEGINS THURSDAY, FEBRUARY 21, 2019
CLASS ENDS THURSDAY, MARCH 28, 2019
6:30PM - 9:00PM

CALL 314-962-4670 TO REGISTER OR
REGISTER ONLINE AT

<http://www.namistl.org/programs-2/nami-basics/>
Childcare available with registration.



NAMI BASICS EDUCATION PROGRAM

NAMI Basics is a signature educational program for parents and other care givers of children and adolescents living with mental illness. It covers the fundamentals of caring for yourself, for your family and for your child.

What you should expect:

- Classes meet for six session, 2.5 hours each, free of cost.
- Classes are designed for parents and other family caregivers of children and adolescents living with mental illness.
- Classes are taught by a team of trained teachers who are family caregivers of individuals who developed symptoms of mental illness as children.
- You will be provided with critical information and strategies related to caregiving.
- Classes incorporate presentations, discussions and interactive exercises.

Why you should attend, you will receive:

- Up-to-date information on a range of mental illnesses and their impact on the brain.
- Current research on treatments including evidence-based therapies, medication and side effects.
- Preparation for interaction with the mental health care system, school system, and juvenile justice system.

Training in preparedness and emotional resiliency:

- Skills related to managing crisis, solving problems and communicating effectively.
- Strategies for self-care and for navigating the challenges presented by mental illness for each family member.
- Confidence and stamina for life-long understanding and support.

To register go to <http://www.namistl.org/programs-2/nami-basics/>
or call us at 314-962-4670.

Proud member of

United Way
of Greater St. Louis



Go to www.namistl.org for additional dates and locations.

NAMI St. Louis
1810 Craig Road, Suite 124
St. Louis, MO 63146
www.namistl.org 314-962-4670