

**DIVERSIFIED HEALTH & WELLNESS CENTER  
11042 MANCHESTER ROAD  
ST. LOUIS, MO 63122**

**CLASS BEGINS THURSDAY, MARCH 7, 2019  
CLASS ENDS THURSDAY, APRIL 11, 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.**



Go to [www.namistl.org](http://www.namistl.org) for additional dates and locations.  
NAMI St. Louis  
1810 Craig Road, Suite 124  
St. Louis, MO 63146  
[www.namistl.org](http://www.namistl.org) 314-962-4670