



NAMI Basics

National Alliance on Mental Illness



What is the NAMI Basics Education Program?

NAMI Basics is a free, 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. This course is facilitated by NAMI-trained peers - parents who know what you're going through because they've been there too.

NAMI Main Line PA is offering a virtual **NAMI Basics Education Program** beginning on **Wednesday, January 15**, and meeting once a week for 6 weeks from **6-8:30 p.m.**



Participant Perspectives

"The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward."

"NAMI Basics bridges the gap. It provides help that can't be found in a doctor's office."

Contact us at office@namimainlinepa.org to register for this **NAMI Basics class!**



National Alliance on Mental Illness

Main Line PA

NAMI Main Line PA
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About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Main Line PA is an affiliate of NAMI Keystone Pennsylvania. NAMI Main Line PA and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, outreach and support group programs for people in our community living with mental illness and their loved ones.