NAMI Basics
National Alliance on Mental Illness

What is the NAMI Basics Education Program?

NAMI Basics is a free, educational program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.

NAMI Valley of the Sun, the local organization of the National Alliance on Mental Illness, will offer FREE the NAMI Basics Education Program for Parents and Caregivers on 3 consecutive Saturday's on March 10th, 17th, 24th 2018 from 9am-2pm at West Mesa

Participant Perspectives

"This is such a great step by step program that walks parents every step of the way. It is as if you are holding their hand through it all."

"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 to register for this NAMI Basics class!

nami | Valley of the Sun
National Alliance on Mental Illness

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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 Valley of the Sun is an affiliate of NAMI Arizona. NAMI Valley of the Sun and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.