



# nami Basics

National Alliance on Mental Illness



## NOW ENROLLING FOR FALL 2016

### Don't miss this FREE training!

**NAMI Basics is a free, six-session course for parents and primary caregivers of children and adolescents with mental illness.**

The course is taught by trained instructors who are also parents or caregivers who have lived similar experiences with their own children. This training is presented in partnership with NAMI Greater Des Moines and ASK Resource Center. Educational materials and light meals will be provided at each class.

**TUESDAYS**

**September 13 - October 25, 2016**

**6:00 - 8:00 pm**

**ASK Resource Center**

5665 Greendale Rd, Suite D  
Johnston, IA 50131

**Register now at  
[askresource.org/calendar](http://askresource.org/calendar)**

**NAMI Basics is FREE, but registration is required.**

#### **Feedback from parents:**

*"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."*

*"This is such a great step-by-step program for parents. It's like to instructors are holding your hand the whole way through."*

Questions? Contact Susan Gill at ASK Resource Center,  
[susan@askresource.org](mailto:susan@askresource.org) or (515) 243-1713 ext. 209

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