

What is the NAMI Basics Education Program?

NAMI Basics is a free, 6-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and caregivers understand the illnesses that are causing these behavioral difficulties, and the critical role families play in the treatment of these illnesses. All of our teachers are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.

**All NAMI-NYC classes are FREE, but you MUST register first to attend.
Contact our Helpline at 212-684-3264 or helpline@naminyc.org
to register for upcoming classes!**



What do people say about the class?

“This is such a great program that walks parents through every step of the way. It’s as if you were holding my 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.”

Fall 2018 Class

NAMI-NYC office
8th Ave. @ W. 35th St. (Manhattan)

WEDNESDAYS from 10 am to 12:30 pm
September 19 – October 31



Who is NAMI-NYC?

We help individuals and families affected by mental illness build better lives through education, support, and advocacy. NAMI-NYC was founded by a small group of parents who came together for support, for guidance, and for resources. Sharing lived experiences remains the guiding principle of our organization, and the core pillar of our programs. **Learn more at www.naminyc.org.**

