



National Alliance on Mental Illness



## What is the NAMI Basics for Parents Education Program?

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents under the age of 18 with emotional and behavioral difficulties. 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. 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. Participants are asked to attend all 6 classes per session.

NAMI San Diego, the local organization of the National Alliance on Mental Illness, will offer its Free NAMI Basics 6-week Education Program in early 2019. For classes beginning Sat mornings, 1/19/2019, visit <http://bit.ly/BasicsJan2019>. Email [cyfliaison@namisd.org](mailto:cyfliaison@namisd.org) Call/text 858-987-2980.



### 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.”

Email [cyfliaison@namisd.org](mailto:cyfliaison@namisd.org) for questions or more information



National Alliance on Mental Illness

# San Diego

### Class Location:

**NAMI San Diego**  
5095 Murphy Canyon Rd, Ste 320  
San Diego, CA 92123  
Phone: (858) 634-6580 x 120  
[CYFLiaison@namisd.org](mailto:CYFLiaison@namisd.org)

### 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 San Diego is an affiliate of NAMI CA. NAMI San Diego 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.