



**\* Connect \* Share \* Learn \* Support \* Resources \***

**The NAMI Basics Program is for  
Parents and Caregivers of adolescents  
and children who have behavioral issues, undiagnosed  
emotional issues, ADHD, ODD, OCD, DMDD or have  
developed symptoms of mental illness (brain disorder).**

Program covers: the impact of illness on family, biology, treatment options,  
overview of the systems available, communication & problem solving skills,  
crisis planning, latest research, and much more.

**There is NO cost for this program.  
Participants must be able to attend ALL three sessions.**

**Saturdays: January 21st, 28th and February 4th 2017  
9:00 am - 3:00 pm (Snow date: February 11th)**

**Class location: North East Community Center  
51 South Center Street  
Millerton NY 12546**

***"Without this class...I would still be in the dark. This is by far  
the best educational opportunity that I have ever encountered."***

*NAMI Basics Graduate*

**To register, please contact: Jo Ann Brown, Program Director  
(845) 832-6368 or email: [programs@namimidhudson.org](mailto:programs@namimidhudson.org)**

**For an informational video on NAMI Basics: [nami.org/basics](http://nami.org/basics)**

**Monthly support group for family and friends of a  
loved one with a mental illness (brain disorder)  
1st Wednesday of the Month—Dover High School 6:30 pm-8:30 pm**

**Class Presented by NAMI Mid-Hudson  
For more information, please visit: [www.namimidhudson.org](http://www.namimidhudson.org)**