



What is the NAMI Basics Program?

- FREE, six-session program designed for parents and other family caregivers of children and adolescents who experienced emotional and/or behavioral difficulties prior to age 13
- Learn communication tips, problem-solving skills and coping mechanisms
- Taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties

NAMI Newton/Wellesley, the local organization of the National Alliance on Mental Illness, will offer its **FREE** NAMI Basics Education Program for the fall beginning October 18, 2017.



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.”

WHEN

October 18-November 29, 2017
6 weeks on Wednesday evenings
6:00pm-8:30pm

WHERE

Brookline Public Health Department
Denny Room
11 Pierce Street
Brookline, MA 02445

PRE-REGISTRATION IS REQUIRED

Contact Ingrid at 617-448-9938 or
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NAMI Massachusetts
www.namimass.org