



NAMI Basics

National Alliance on Mental Illness



What is the NAMI Basics Education Program?

- Free program designed for parents and caregivers of children and adolescents with emotional and behavioral difficulties.
- Helps parents and caregivers to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses.
- Taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.
- This is a six-session class held on three consecutive Saturdays. No childcare available.

Saturday, September 7, 14, 21

9 AM – 3 PM

5025 E. Washington St, Phoenix @ the Ability360 Center

Contact us to register for this NAMI Basics class!

Email: admin@namivalleyofthesun.org

Phone: (602)244-8166



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.”



NAMI Valley of the Sun
National Alliance on Mental Illness

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 Valley of the Sun is dedicated to raising awareness and providing essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

www.nami.org www.namivalleyofthesun.org