

NAMI Basics

A class for parents and caregivers of youth experiencing mental health or behavioral challenges



NAMI Basics is a free six-week educational program taught by trained leaders who have similar lived experiences with their own children.

Register now for our upcoming class!

Dates: January 9th-February 13th

Schedule: Tuesdays, 5:00 - 7:30 PM

Format: Online via Zoom



Scan here or visit namimultnomah.org/RSVP to register. For additional questions, email info@namimultnomah.org.

- PARTICIPANTS WILL LEARN ABOUT:
- THE IMPACT OF MENTAL HEALTH CONDITIONS ON THE FAMILY
 - TREATMENT OPTIONS
 - NAVIGATING SYSTEMS
 - ADVOCATING FOR YOUR CHILD
 - PREPARING FOR AND RESPONDING TO CRISES
 - CARING FOR YOURSELF
 - & MORE!

