

Black & African American NAMI Basics Class **for parents & caregivers of children/adolescents with mental health barriers**

NAMI Basics is a free, six-week education program taught by trained teachers who themselves have lived similar experiences with their own children.

This class is being offered specifically to create space for Black & African American parents & caregivers to discuss and learn about children's mental health.

Topics include:

- Mental health & wellness for you and your family
- Latest research on the medical aspects of mental health
- Biology of mental health and challenges
- Overview of the systems involved in caring for children and teens
- An overview of treatment options
- Impact of illness for your child and family



Dates: January 14 - February 18, 2021

Schedule: Thursdays, 3:00 - 5:30 PM

Class held online

Register Now: 503-228-5692

Can't make this class?

NAMI Basics classes begin throughout the year.

Call 503-228-5692 to register. For more information please visit:

www.namimultnomah.org/basics



NAMI Multnomah

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