



## **For Parents and Caregivers of Children and Adolescents with Behavioral and Mental Health Challenges.**

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

Topics include:

- Trauma of mental illness for the child and family
- Latest research on the medical aspects of mental illness
- Biology of mental illness
- Overview of the systems involved in caring for children and teens
- An overview of treatment options
- Impact of illness of the rest of the family

**Dates: January 24 - February 28, 2020**

**Schedule: Fridays at 10:00 AM - 12:30 PM**

**Location: Providence Portland**

**Register Now: 503-228-5692**

**Can't make this class?**

**Classes begin in winter, spring, summer, and fall.**

**All you have to do is call 503-228-5692 to register!**

**For more information please visit: [www.namimultnomah.org/basics](http://www.namimultnomah.org/basics)**



**NAMI Multnomah**

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