

## What is the NAMI Basics Education Program?

NAMI Basics is a **free, 6 session** course designed for parents and other family caregivers of children and adolescents with mental, emotional and/or behavioral difficulties. You will learn the facts about mental health conditions, treatment, resources and how best to support your child at home, at school and when they're getting medical care. The course provides critical strategies for taking care of your child, communication, problem solving and learning the ropes of recovery.

**NAMI Rockland and St Dominic's Family Services** will offer the  
**NAMI Basics Education Program for 6 consecutive weeks**

**Tuesday Evenings – September 25<sup>th</sup> – October 30<sup>th</sup> 2018**

**Time:** 7 pm to 9 pm **Location:** St. Dominic's Family Services  
500 Western Highway, Blauvelt NY 10913

**The course, all materials, and snacks are free! Pre-registration is required and attendees must make a commitment to attend all 6 sessions.**

**Last year, 99% of participants told us they would recommend the program to other parents.**

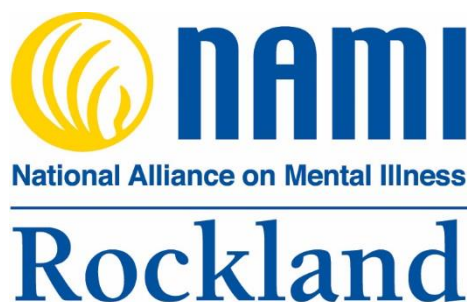


### PARTICIPANT PERSPECTIVES

*"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."*

**Sponsored by NAMI Rockland & St. Dominic's Family Services**



Contact us to register for this free class  
NAMI Rockland Phone: (845) 359-8787  
Email: [familysupport@namirockland.org](mailto:familysupport@namirockland.org)

Visit us online at: [www.namirockland.org/namibasics.html](http://www.namirockland.org/namibasics.html)