

## What is the NAMI Basics Education Program?

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.

**NAMI Connecticut in collaboration with Child Guidance** will offer its **NAMI Basics in SPANISH** Education Program for the Spring 2017, beginning on April 28<sup>th</sup> 2017. It will be held on Fridays from 9:30 am to 12:30 PM at The Child & Family Guidance Center.



### 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.”

**Contact us to register for this NAMI Basics class!**



## NAMI Basics BRIDGEPORT-Spanish

**Start Date:** Friday, April 28<sup>th</sup> 2017

**Time:** 9:30 AM – 12:00 PM

**Location:** The Child & Family Guidance Center  
180 Fairfield Avenue, Bridgeport, CT 06604

**Contact & Registration:**

**Maria at 203-572-7609 or Nilda at 203-612-1492**

### About NAMI Connecticut

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 Connecticut is a statewide, grassroots, member organization which, along with its local affiliates share a common mission:

“NAMI Connecticut provides support, education and advocacy for Connecticut's citizens affected by mental illness.”

*\*Light Refreshments will be provided*