

NAMI BASICS EDUCATION PROGRAM in SHOW LOW

An education program specifically designed for parents and other family caregivers of children and adolescents experiencing mental health challenges.

As a caregiver of a child or adolescent with a mental health condition you face unique challenges; social stigma, complex family dynamics, navigating the school system, unpredictable aspects of the conditions. It can be overwhelming.

NAMI Basics provides you with skills, knowledge and a community of people who can relate to your experience.

WHAT SHOULD YOU KNOW?

- Open to parents and family caregivers of people younger than 22 who are experiencing mental health challenges.
- Meets weekly for six sessions
- FREE of cost to participants
- Taught by a trained family member whose child/children experience mental health challenges
- No specific medical therapy or medication is endorsed or recommended

WHY SHOULD I ATTEND?

- Find a community of support/networking
- Gain practical/up- to- date information about mental health challenges
- Learn how to effectively advocate for your child with the school and mental health systems
- Develop problem solving and communication skills

Who: Led by Julie Cota, MA

Where: United Methodist Church, 261 North 5th Street **Show Low AZ** 85901.

When: A course will begin when a minimum of 5 people register - Courses can be offered from 4:00-6:00 pm or 6:00-8:00 pm.

What: All materials will be provided at no cost

Register by emailing Julie at juliemcota@gmail.com or calling the NAMI White Mountains message line at 928-298-1914.

Include in your message that you want to join a 6 week NAMI Basics course . Leave your full name, phone number and/ or email address. As soon as least 5 people make a commitment to the course, a day and time will be established that meets everyone's needs. A confirmation call will be made verifying your commitment to the group and reserving a space.

Group is limited to 8 people.

NEW to NAMI? Check out the national website for more information on the mission and vision of the organization www.nami.org

Local White Mountains NAMI chapter website- www.namiwmaz.org