



NAMI Basics

When:

Thursdays, 6pm—8pm

Start Date: November 7th

End Date: December 19th

Where:

Relay Elementary School

5885 Selford Rd

Halethorpe, MD 21227

Register to Attend

Space is limited and advanced registration is required. To join, please contact our HelpLine at (410)-435-2600.

NAMI Basics is a free, 6-week education program for parents and family caregivers of children and teens who are experiencing mental health issues. NAMI Basics covers:

- How to take care of yourself & handle stress
- Developing the confidence and stamina to support your child with compassion
- Advocating for your child's rights at school and in health care settings
- Learning about current treatments, including evidence-based therapies, medications and side effects
- Gaining an overview of the public mental health care, school, and juvenile justice systems
- Understanding the challenges and impact of mental health conditions on your entire family

