

NAMI Basics

for parents and caregivers of children with mental illness



FREE

Wednesday Evenings
5:30-7:30p

March 21 – April 25

At NAMI Greater Des Moines
511 East 6th Street

IN DES MOINES'
HISTORIC EAST VILLAGE

This 6-session course is taught by a trained team of instructors with lived experience - they know what you're going through because they've been there.

NAMI Basics includes:

- An overview of public mental health care, school and juvenile justice systems
- Treatment options including evidence-based therapies, medications and side effects
- How to manage crises, solve problems and communicate effectively with your child
- Advocating for your child's rights at school and in health care settings
- How to take care of yourself and manage stress
- Develop the confidence and stamina to support your child with compassion

Call 515.850.1467 or email director@namigdm.org to sign up today