

# NAMI BASICS

## **Classes for PARENTS!**

***Thursday Evenings***

**6 Classes 6:30-9:00**

**New Series starting:**

**1/24/19, 3/7/19, 5/2/19,  
8/22/19, 10/10/19**



Classes will be held at:  
*The Dr. Banks & Dr. Cosby  
Youth Empowerment Center  
Project YouthBuild Office*  
**635 NW 6th Street  
Gainesville, FL 32601**

NAMI BASICS is for Parents  
or Caregivers of Children or  
Teens with Mental Illnesses  
or with Feelings or  
Behaviors such as:

- Rage
- Fears
- Depression
- Mood Swings
- Self-Harm
- Lack of Focus
- Anxiety
- Substance or Alcohol Use
- Unmotivated
- Out of Control

Parents must register for NAMI Basics class in advance:

**(352) 335-7770   [info@namigainesville.org](mailto:info@namigainesville.org)**

Course is offered by trained NAMI Gainesville members who are  
also parents of children living with mental illnesses like:

**ADHD, Depression, Oppositional Defiant Disorder, Bipolar  
Disorder, Schizophrenia, Conduct Disorder, OCD, etc.**



Class covers: strategies to improve behaviors, how to  
get help at school, understanding how the brain works,  
working with medical personnel, juvenile justice  
system, pros/cons of medications, and how to take care  
of yourself so you can be the parent your child needs!



**nami** Basics

National Alliance on Mental Illness

