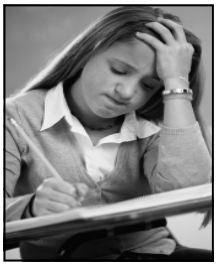
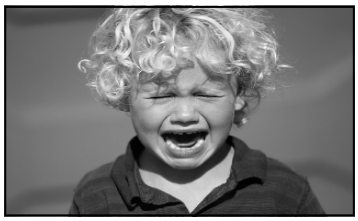
# NAMI Basics

## The fundamentals of caring for you, your family, and your child with mental illness

FREE education course offered for parents/caregivers of children and adolescents with mental health issues. Classes include:

- Introduction - it's not your fault; mental illnesses are brain disorders
- The biology of mental illness; getting an accurate diagnosis
- Treatment works - an overview of treatment options
- Tools for the toolbox - communication skills, problem solving, crisis preparation and response, handling challenging behavior, relapse planning, impact on family members
- Recordkeeping and the systems your child is involved in (school, juvenile justice, mental health)
- Survivor stories, review, wrap-up





**Thursdays 6:30 – 9:00 pm**
**Butte Health Department**
**Conference Room**
**25 Front St. Butte**
**Course Dates: April 23-May 28**

Call or email to sign up or for more information:

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