

*Johnny wouldn't have these problems if you would just....*

*I just wish we could have one night without a power struggle!*

*Susie really is a charming child, but we just don't think she's right for our (team, school, troop, group)....*

Do these statements sound familiar to you? Then NAMI Basics is for you.

NAMI Basics is a 6-week program for the parents and caregivers of children and teens with mental illnesses.

It is an evidence-based signature program of the National Alliance on Mental Illness taught by trained teachers who are themselves the parents of children with mental illnesses.

It is FREE OF CHARGE for participants.

You will gain:

- Recognition of mental illness as a continuing traumatic event for the child and the family
- Sensitivity to the subjective emotional issues faced by family caregivers and well children in the family
- Recognition of the need to help lighten the day-to-day objective burdens of care and management
- Confidence and stamina for what can be a lifelong role of family understanding and support
- Empowerment of family caregivers as effective advocates for their children

**FOR MORE INFORMATION CONTACT**

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