

## We Need Teachers!

### Opportunity for NAMI Basics & Family-to-Family Class Graduates

#### What is the NAMI Basics Education Program?

NAMI Basics is a free six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses.

Two Day Training: January 19-20, 2019 8 AM to 6 PM

We need volunteer parents and caregivers whose children demonstrated signs of a mental health challenge before age 13. As a NAMI Basics teacher, you will promote strength, health, and well-being among other parents and caregivers of children with mental health challenges. You will teach up to two classes per year. The more teachers we have, the more families we can reach and support.



#### Participant Perspectives

“This is such a great step by step program that walks parents every step of the way. It is as if you are holding their hand through it all.”

“The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward.”

“NAMI Basics bridges the gap. It provides help that can't be found in a doctor's office.”

**Contact us to register for this NAMI Basics train the trainer class!**

#### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Valley of the Sun is an affiliate of NAMI Arizona. NAMI Valley of the Sun and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.