

# FREE FAMILY EDUCATION OPPORTUNITY

Saturdays:

November 12, 19 & December 3

10 am - 4 pm

Ellensburg High School, Room F132

## What is NAMI Basics?

NAMI Basics is an education program for parents and other caregivers of children and adolescents living with mental health disorders.

The NAMI Basics course is taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years.

**Thanks to the generosity of our funders,  
all instruction materials, meals  
and other expenses  
are FREE to participants**

Program Made Possible Through  
the Generous Support of:



United Way of Central Washington

Space is limited  
To Register  
509.453.8229  
info@namiyakima.org  
www.namiyakima.org

National Alliance on Mental Illness



**NAMI**

**Basics**



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

 **NAMI** | Yakima  
National Alliance on Mental Illness