

## What is the NAMI Basics Education Program?

NAMI Basics is a free, multi-session peer education program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties related to mental health diagnoses including, but not limited to Attention Deficit Hyperactivity Disorder (ADHD), Anxiety Disorder, Depressive Disorder, Oppositional Defiant Disorder (ODD), and Bipolar Disorder. NAMI Basics helps participants understand the illnesses and the critical role family caregivers play in the treatment of those illnesses. The program is led by trained facilitators with lived experience. Together, participants gain information, insight, and support from an understanding community.

In January 2018, the NAMI Basics Education Program will be offered in New Castle and Sussex Counties. Learn more by visiting our website: [namidelaware.org](http://namidelaware.org), or find us on Facebook, Twitter and Instagram.



## 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.”

**Participation is FREE but registration is required.  
Space is limited so register today.**

Online, visit [namidelaware.org](http://namidelaware.org) or call (302) 427-0787, ext. 116  
Questions? E-mail Jenn Ford at [JFord@namide.org](mailto:JFord@namide.org).