



***For Parents and Caregivers of a  
Child or Adolescent Living with Mental Illness***

**FREE CLASS – 6 WEEKS**

**WINTER 2019 CLASS TO BEGIN JANUARY 17<sup>TH</sup>!**

**MEETS THURSDAY EVENINGS FROM 6:00 – 8:30 P.M.  
AT EMANUEL HOSPITAL IN NORTH PORTLAND**

*Contact NAMI Multnomah to register 503-228-5692*

**NAMI Basics** is an education program taught by trained teachers who themselves are the parent or caregiver of children with serious behavioral challenges and have lived similar experiences. The class and course materials are offered free of charge.

**Topics include:**

- Trauma of mental illness for the child & family
- Biology of mental illness
- Getting an accurate diagnosis
- An overview of treatment options
- Latest research on the medical aspects of mental illnesses
- Overview of the systems involved in caring for children & teens
- Impact of illness on the rest of the family



**CLASSES BEGIN IN WINTER,  
SPRING, SUMMER & FALL  
NORTH & NORTHEAST PORTLAND**

*Free parking; Easy access to Tri-Met; Exact location  
provided at time of registration*

**To register ~ Contact NAMI Multnomah at 503-228-5692**

Class sponsored by NAMI Multnomah | 503.228.5692 | [www.namimultnomah.org](http://www.namimultnomah.org)  
NAMI Multnomah is a nonprofit 501(c)(3) and a local affiliate of the National Alliance on Mental Illness