



Do you have a Child with Mental Health Issues?
***Stop* Walking on Eggshells!**

The ***FREE*** NAMI Basics Program is for
Parents and Caregivers of adolescents
and children who have behavioral issues, undiagnosed
emotional issues, ADHD, ODD, OCD, DMDD or have
developed symptoms of mental illness (brain disorder).

NAMI Basics will provide:
Education* Support * Resources
Communication Skills

Classes will be held 3 Saturdays:
October 21st, 28th, and November 4th, 2017
9:30 am - 3:30 pm

Arlington High School
1157 State Rte 55, Lagrangeville, NY 12540
Room: TBD

Participants must be able to attend ALL three sessions.

Pre-registration is required.
Please call and leave a message: (845) 206-9892
or email: programs@namimidhudson.org

For an informational video on NAMI Basics: nami.org/basics

Class Presented by NAMI Mid-Hudson
www.namimidhudson.org