



NAMI Basics

National Alliance on Mental Illness



* Connect * Share * Learn * Support * Resources *

The NAMI Wilmington Basics Program is a six-week course provided at no cost for **Parents and Caregivers** of adolescents and **children under the age of 22** with behavioral challenges, emotional issues or symptoms of **mental illness**.

In this course we will educate you on topics including:

- The biological aspects and symptoms of several mental illnesses (brain disorders)
- Tips for responding to stressful/emotionally intense situations
- Problem-solving and communication skills
- Working with schools and other community resources to meet your child's needs



Tuesday Evenings 6-8:30 PM
February 13-March 20 2018
Learn with other families who understand

Contact us to register for NAMI Basics course:

Laura and Paul Bobotas

508-846-4397 or

namibasicilm@google.com



NAMI | **Wilmington**

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<http://namiwilmington.org>