

NAMI Basics is a free, 6-week course for parents and caregivers of youth formally or not yet diagnosed with a mental health condition (ADD/ADHD, autism spectrum, depression, bipolar disorder, panic disorder & other mental health conditions).

This course is taught by caregivers of youth affected by a mental health condition.

Wednesdays | April 24 - May 29 | 6:30 - 9:00 pm (MST)

Registration is limited | Meets virtual via Zoom

Elements of the course include:

- Recognition of mental illness as a continuing traumatic event for the child and the family
- Sensitivity to the subjective emotional issues faced by family caregivers and well children in the family
- Recognition of the need to help reduce the day-to-day objective burdens of care and management
- Gaining confidence and stamina for what can be a life-long role of family understanding and support
- Empowerment of caregivers as effective advocates for their children

To register, email: peersupport@namiidaho.org