



National Alliance on Mental Illness



## **WHEN:**

**Sundays from 2 to 4:30 p.m.  
March 24 — May 5, 2019  
(no class on Easter Sunday)**

## **WHERE:**

**CASI - Center for Active Seniors  
1035 W. Kimberly Rd  
Davenport, IA. 52806**

## **REGISTER TODAY:**

**Online: <https://bit.ly/2Ld15SI>**

**By phone 563-386-7477 Ext. 266 (M-F, 10-2)**

**TO LEARN MORE: [WWW.NAMIGMV.ORG](http://WWW.NAMIGMV.ORG)**

This program is made possible in part from a Theisen's More for Your Community Grant. Thank you!

## **FOR PARENTS, FOSTER PARENTS, CAREGIVERS & PROVIDERS (WHO ARE ALSO PARENTS)**

NAMI Basics is a no-cost six-session course for parents and primary caregivers of children and adolescents who have shown symptoms of a mental health condition.

This course is taught by trained parents/caregivers who have similar lived experiences with their own children, allowing families to connect, learn, and empower themselves to overcome new challenges.

*Illinois and Iowa CEU credits available for foster parents.*

## **Course Elements Include:**

- The biology of the brain
- The latest research, advances in treatment and an overview of treatment options
- The impact of a child's mental health condition on the rest of the family
- An overview of the systems of care for children and teens living with a mental health condition.

