



Clackamas Basics

UNDERSTAND YOUTH & THEIR MENTAL HEALTH

Sundays, May 1 - June 19* | 3:00 - 4:30 PM

Registration at: www.tinyurl.com/NAMIClasses

**No class on May 8th (Mother's Day) and May 29th class may be rescheduled extending the class to June 19th*

NAMI Basics is a FREE 6-week course for parents, guardians, and other family who provide care for youth living with mental health barriers. It is taught by trained volunteers who have lived similar experiences with their own children.

Topics covered include:

- Mental health & wellness for you and your family
- Latest research on the medical aspects of mental health
- Biology of mental health and challenges
- Overview of the systems involved in caring for children and teens
- An overview of treatment options
- Impact of illness for your child and family