

**Information & support for families with kids  
experiencing emotional and behavioral difficulties  
– from family members who have been there.  
And it's free.**



## **NAMI Yolo Basics Education Program**

**November 7 - December 12, 2017**

**Tuesdays, 6:30-9:00 p.m.  
in Woodland**

**NAMI Basics is a FREE 6-session program for parents and  
caregivers of children and adolescents with emotional and  
behavioral difficulties**

**Contact us to register for this NAMI Basics class!  
530-756-8181      [friends@namiyolo.org](mailto:friends@namiyolo.org)**

NAMI-Yolo, the local organization of the National Alliance on Mental Illness, will offer its FREE NAMI Basics Education Program this Winter.

Starting November 7<sup>th</sup> & ending December 12<sup>th</sup>, 2017.

Tuesdays from 6:30-8:30 pm

In Woodland.

Please contact NAMI-Yolo at 530-756-8181 or [Friends@NamiYolo.org](mailto:Friends@NamiYolo.org)

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.

Here is a brief introductory video:

<https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Basics>