



NAMI Basics

National Alliance on Mental Illness



Are you close to a child or adolescent with mental health challenges?

NAMI Chippewa Valley is offering its **NAMI Basics Program** to parents and other caregivers of children and adolescents experiencing mental health challenges.

This course is designed to:

- provide knowledge about mental illness
- increase coping skills
- provide a community with similar challenges

There is no cost to participants!



To learn more about this free class or to enroll please call the number listed below.

April 7 – May 12, 2020

Tuesdays 6:00-8:30 pm

Held in Eau Claire.

Location provided upon registration

“The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward.”



NAMI
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Chippewa Valley

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About NAMI Affiliate

NAMI Chippewa Valley and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.