



**Do you have a Child with Mental Health Issues?  
Stop Walking on Eggshells!**

The **FREE** NAMI Basics Program is for Parents and Caregivers of adolescents and children who have behavioral issues, undiagnosed emotional issues, ADHD, ODD, OCD, DMDD or have developed symptoms of mental illness (brain disorder).

**NAMI Basics will provide:**  
**\*Education\* Support \* Resources\***  
**\*Communication Skills\***

**Classes will be held 3 Saturdays:**  
**October 21st, 28th, and November 4th, 2017**  
**9:30 am - 4:30 pm**

**Arlington High School**  
**1157 State Rte 55, Lagrangeville, NY 12540**

**Participants must be able to attend ALL three sessions.**

To register, please call and leave a message:  
(845) 206-9892 or email: [programs@namimidhudson.org](mailto:programs@namimidhudson.org)

For an informational video on NAMI Basics: [nami.org/basics](http://nami.org/basics)

**Class Presented by NAMI Mid-Hudson**  
**[www.namimidhudson.org](http://www.namimidhudson.org)**