



# **WANTED: Students!**

**Would you like to join us?**

**Are you a parent or primary caregiver of a child or adolescent with a mental health condition? Do you want information about your child's mental illness? Do you feel alone and overwhelmed?**

**A NAMI Basics class may be your answer.**

**It is a six session FREE class.**

**What new students say they feel after this class:  
Excited, Empowered, Enlightened, Ready to Share, Determined,  
Prepared, Hopeful, Caring, Ready, Supported, and Confident.**

**NAMI Basics Class by Zoom – Starts October 1, 2020  
6:30 PM (CT), 7:30 PM (ET)**

**Interested? Questions?**

**Contact: Mary Sims at 731-613-8724**