

## NAMI Basics Course in Cassville starting October 2019

**NAMI Basics** is a free multi-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties.

**The course is 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.

NAMI Missouri will offer NAMI Basics in Cassville in October 2019. Details and registration information is online at [namimissouri.org/basics](http://namimissouri.org/basics).

### NAMI Basics Course Information

**Dates:** Oct. 7 - 28, 2019 on Mondays & Thursdays  
(Oct. 7, 10, 14, 17, 21, 24, & 28)

**Time:** 4:00 pm – 6:00 pm

**Location:** First Baptist Church, 200 West 5<sup>th</sup> St.  
Cassville, MO 65625

**Notes:** Registration is required for this free 7-session course. Register online at [namimissouri.org/basics](http://namimissouri.org/basics)



### For more information, contact:

Sonya Baumgartner, NAMI Missouri

Call 573-634-7727 ext. 207 | Email: [sonya@namimissouri.org](mailto:sonya@namimissouri.org)

### About NAMI

The National Alliance on Mental Illness is the nation's largest grassroots mental health organization dedicated to building better lives for those affected by mental illness. NAMI Missouri and dedicated volunteers, members and leaders work 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.