



**National Alliance on Mental Illness**

**FREE CLASSES!**

**Register NOW for classes  
starting in Sept 2017**

***ADHD, Depression, Anxiety, OCD, Bipolar, Schizophrenia...***

**Do you live with a child, teen or adult with mental illness?**

**You are not alone and NAMI is here to help.**

**Register now** for NAMI classes starting in September in Boulder, Broomfield, Louisville and Longmont. **Contact Helen Todd at [htodd@namibouldercounty.org](mailto:htodd@namibouldercounty.org) or 303-601-4330.**

**Basics** and **Family-to-Family** classes are taught by a trained team with lived experience—they know what you're going through because they've been there. These programs provide critical information and strategies for taking care of the person you love while taking care of yourself.



**NAMI Basics** is a free, 6-week education program for parents and caregivers of children and teens who are experiencing symptoms of a mental illness or have already been diagnosed. You will learn the facts about mental health conditions and how best to support your child at home, at school and when they are getting medical care. Discover that you are not alone and there is hope. <https://www.nami.org/basics>.



**NAMI Family-to-Family** is a free, 12-session educational program for family, significant others and friends of people living with mental illness. Experience compassion and reinforcement from people who understand your situation. This program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. <https://www.nami.org/f2f>.

**QUESTIONS?** Contact Helen Todd at [htodd@namibouldercounty.org](mailto:htodd@namibouldercounty.org) or 303-601-4330.

### **About NAMI**

*The National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Boulder is an affiliate of NAMI Colorado and serves Boulder and Broomfield Counties. NAMI Boulder 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.*