



 **NAMI Central Texas**  
National Alliance on Mental Illness

# NAMI BASICS

For parents and caregivers of children and/or teens experiencing  
signs of behavioral or mental health concerns

**Tuesdays starting February 4, 2020 from**

**6 p.m.—8:30 p.m.**

**Metropolitan Community Church,  
8601 S. 1st St.  
Austin, TX 78748**

If you have a child or teen displaying signs of a mental health or behavioral concern, or if you already have a diagnosis, this is the best first step you can take. This free 6-week class is led by a team of parents who have been through what you are facing.

- Critical strategies for taking care of your child
- Learning the ropes of recovery
- Fact about mental health conditions
- How to best support your child at home, at school, and when receiving care

**You can find more details and register at: [namicentraltx.org/basics](http://namicentraltx.org/basics)**

[namicentraltx.org](http://namicentraltx.org)

[info@namicentraltx.org](mailto:info@namicentraltx.org)

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