



NAMI Basics is a free, six-session course for parents and other primary caregivers of children and adolescents living with mental illness. It is taught by trained NAMI family members who have children with mental illness.

NAMI Basics allows families to connect to one another while learning about mental illness and empowering themselves to overcome new challenges. It provides information families want and need about their child.

To register call Jen at 402-345-0791 ext. 221 or jgenzler@nefamilysupport.org

All classes will run from 8:30 AM—11:30 AM

Class Dates

May 27th

June 3rd

June 10th

June 17th

June 24th

July 1st

Location TBD



NAMI | **Nebraska**
National Alliance on Mental Illness