

## NAMI Basics: Support for Caregivers

The National Alliance on Mental Illness (NAMI) Oklahoma is offering a free class beginning May 23<sup>rd</sup> in Edmond at the Lord of Life Lutheran Church. In this class, also known as NAMI Basics, caregivers will be mentored by other parents who have had similar experiences. Caregivers will learn tools to help their families cope with the impact that behavioral challenges can bring to a home and equip them to make the best decisions possible for their child.

The class meets for two and a half hours beginning May 23<sup>rd</sup> at 6-8:30 p.m. and will continue for six sessions every Thursday. Registration is required. For more information, visit <http://www.NAMI.org>. To register, call 230-1900 or email [kathleen@namioklahoma.org](mailto:kathleen@namioklahoma.org)