

# NAMI BASICS EDUCATION PROGRAM

*The fundamentals of caring for you, your family and your child with mental illness*

NAMI Basics is the new signature education program for parents and other caregivers of children and adolescents living with mental illnesses. The NAMI Basics course is taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years. *NAMI Basics will run concurrently with the Progression Training and will take place at the Children's Home Society - 740 Warm Springs Ave Boise, Idaho 83712.*

September 24th from 9-3  
Basics/Progression

October 5th from 6:30-9  
Basics/Progression

October 19th from 6:30-9  
Basics/Progression

September 28th from 6:30-9  
Basics/Progression

October 12th from 6:30-9  
Basics/Progression

## Train-a-palooza

Summer and Fall  
training opportunities  
are around the corner!

### PROGRESSION TRAINING

Progression is a five week training designed for youth between the ages of 14 and 18. Youth will expand their knowledge about mental health and will gain support from others who have experienced similar life situations.

*Progression Training will run concurrently with NAMI Basics; please view the above NAMI Basics schedule for times and dates.*

#### Five Main Topics Covered:

Stages of Recovery  
Coping with Mental Illness  
Creating Safety Plans  
Tools for Recovery  
Looking Ahead

#### **Register Today!**

Call: 208-433-8845

Email:

[ngustafson@idahofederation.org](mailto:ngustafson@idahofederation.org)

### SIBSHOPS

Most of the five million children with disabilities and chronic health impairments have brothers and sisters. Despite a clear need for services and considerations, many brothers and sisters grow up without resources.

**LAUGH  
LEARN  
PLAY  
SHARE**

Sibshops provide a unique opportunity for school age brothers and sisters to meet others in similar family situations.

Children's Home Society:  
740 Warm Springs Avenue,  
Boise ID

September 17th  
10AM to 2PM

Cost: \$5  
Lunch Provided

20 Available Spots,  
ages 7-14

Call 208.433.8845 To Reserve Your Spot Today!

[www.idahofederation.org](http://www.idahofederation.org)