

HELPING YOU PARENT THROUGH THE STORM

Being a parent is hard. When your child is struggling, it can feel overwhelming. You are not alone, and NAMI is here to help. We offer a variety of programs available to parents and caregivers of children struggling with mental health symptoms and conditions. We provide the education, support, and advocacy needed to support your child, and family.



NAMI Basics is an educational program for parents and caregivers of children and adolescents living with mental health conditions. It covers the fundamentals of caring for yourself, your family, and your child.

Next Class: Saturday, February 20th from 8:00 a.m. – 11:00 a.m.
Full Dates: February 20th, 27th, March 6th, and 13th

[Register Here!](#)



Parent and Caregiver Support Group is a peer-led support group for parents and caregivers of children and adolescents living with mental health conditions.

Monthly on the Third Tuesday of the Month
6:00-7:30 p.m.

[Register Here!](#)