

Free Online Course for Families, Caregivers of Children, Young People With Mental Health Conditions

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Categories : [Healthy Living](#), [Parents & Kids](#)

Tagged as : [NAMI Basics Course 2020](#), [NAMI Southwest Connecticut 2020](#), [NAMI Southwest CT Events 2020](#)

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A free online educational course for parents and family caregivers of children and young adults aged 21 or younger will soon be offered by the Southwest Connecticut Chapter of the National Alliance on Mental Illness.

— *an announcement from* [NAMI Southwest CT](#)

The six-session course starts Oct. 8 and is open to those helping care for children and adults, ages 21 or younger who are experiencing symptoms of a mental health condition or who have already been diagnosed.

The [NAMI Basics course](#) will be held on Thursday mornings, from 9 to 11:45 a.m., beginning Thursday Oct. 8, 2020. The free course will take place online.

You'll learn facts about mental health conditions and how best to support your child at home, school, and when getting medical care. You'll also find out that you're not alone. Recovery is a journey, and there is hope.

The online group setting of NAMI Basics provides mutual support and shared positive impact — experience compassion and reinforcement from people who understand your situation. Sharing your own experience may help others in your class.



The NAMI Basics program was developed by the National Alliance on Mental Illness, the nation's largest grassroots nonprofit organization aimed at improving quality of life for people living with mental health conditions and their families. NAMI Southwest CT is the local affiliate serving lower Fairfield County.

Registration is Required

To register for the NAMI Basics course, contact Evan Pagano at epagano@me.com or (203) 273-7226.