



**nami** Basics

National Alliance on Mental Illness



Are you the parent/caregiver of a youth or adolescent who may be living with Emotional/Behavioral Problems or Mental Illness?

Come join our **FREE** monthly **NAMI (National Alliance on Mental Illness) BASICS Parent Support Group!** If your youth has rages, isolating depression, non-stop ADHD behaviors, is defiant, is self-harming, making suicide threats, has bipolar “melt downs”, is destroying your home/possessions, and becomes physically violent toward you or others---**YOU ARE NOT ALONE!!** Families share acceptance and seemingly “hidden” mental health care and resources. This group is a safe place to “vent” and support each other as you walk the 24/7 challenge of rearing and loving a youth with an illness you cannot “fix”.

**When:** 1st Tuesday of each month  
**Time:** 7:00pm - 9:00pm  
**Place:** First Presbyterian Church  
2936 Rockefeller Avenue  
Everett, WA 98201

Located across from Courthouse. **BASICS** sign at Rockefeller stairway entrance and bear right as you enter the church doors to Calvin Lounge

For information about the **SUPPORT GROUP** or **our free 6 week Parent Class NAMI BASICS**, please contact Carolyn Hetherwick Goza, M.Ed at **425-347-5365** or **namicontact@gmail.com**

Parents/caregivers of youth/adolescents with ADD/ADHD, depression, bipolar disorder, conduct disorder, anxiety, obsessive compulsive disorder, schizophrenia, substance abuse or other disorders find acceptance here. Getting the school to provide for **POSITIVE** learning is another huge hurdle. The **STIGMA** in society so isolates families trying to care for their youth in the throes of these disorders. Our youth are feared and we and they become isolated. Only **20%** are even identified and fewer still receive treatment--thus our recent rash of killings and suicides. **TREATMENT WORKS!!** Please come and help us help our loved ones and our community. Parents/caregivers have to remember the mantra:

**You didn't CAUSE it**  
**You can't (easily) CONTROL it**  
**You can't CURE it**  
**You must learn to COPE with it.**

~ David Karp M.D.



**Come For:**  
**EMOTIONAL SUPPORT, SELF-CARE,**  
*and the opportunity to learn*  
**UNDERSTANDING and ACCEPTANCE**  
**of your life challenges!**

*In appreciation of First Presbyterian Church, Everett, WA*

**The Edmonds School District does not sponsor or endorse the activity and/or information contained in this material.**