

Be an Instrument of Change for Children's Mental Health

Is your child receiving mental health services in Multnomah County?

We're looking for your input!



Sharing your experiences helps **improve** children's mental health care.

We'd like to hear your perspective.

- What is working well?
- What improvements are needed?
- What will help your family?

**Call now for opportunities
For you to make a difference in
Children's Mental Health Initiatives**



**Advising
from the
Perspective
of your
Lived
Experience**

SMARTS for Advocacy
telling your story for change

Speak Up – Empower!
Youth Leadership Academy

**Children's Mental Health
Awareness Day**

CMHSAC
Children's Mental Health
Advisory Council

FYAC
Family and Youth Advisory
Council of Wraparound

EASA / MEAC
Early Assessment and
Support Alliance Advisory
Council

Julie Magers, Family Engagement Specialist ~ 503.501.2364 ~ julie.magers@multco.us
503.228.5692 | www.namimultnomah.org

NAMI Multnomah is a nonprofit 501(c)(3) and a local affiliate of the National Alliance on Mental Illness



**For Parents and Caregivers of a
Child or Adolescent Living with a
Mental Health Condition**

NAMI BASICS IS A FREE 6-SESSION COURSE

3 Sessions Available:

Winter (Feb/Mar) – **Spring** (Apr/May) – **Fall** (Sep/Oct)

Locations in the NE Portland Area



NAMI Basics is an education program taught by trained teachers who are also the parent or caregiver of children with serious behavioral challenges and who have lived similar experiences as you. The class and course materials are offered free of charge.

ACCEPTING APPLICATIONS ~ REGISTER NOW

Call: 503-228-5692

Email: julie.magers@multco.us

Register online: tinyurl.com/namiclasses

Beyond Basics Parent/Caregiver Group

Open to NAMI Basics Class Graduates

2nd & 4th Thursday Evenings 6:15-8:15pm

Portland Providence Medical Center

830 NE 47th Ave. Portland, OR 97213



The Beyond Basics Cohort is born of the desire for parents and caregivers who completed the NAMI Basics parenting class to dive deeper into certain topics that are either not covered in the Basics curriculum or that parents wanted to cover in greater detail than time allowed during the session. It is led by NAMI Multnomah's Family Engagement Specialist.

Email julie.magers@multco.us with any questions or to RSVP your attendance.

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