



The Office of Consumer and Family Affairs
Mental Health Substance Abuse Division
Virginia Beach Department of Human Services

and

The National Alliance on Mental Illness – Virginia Beach
offer the following opportunities:

Education and Support for Parents and Caregivers

BASICS Education Series

A six-session course for parents and primary caregivers of children and adolescents living with mental illness.

Choose day or evening classes:

Thursdays, January 5 – February 9
6:30 p.m.– 9:00 p.m.

Wednesdays, February 1 – March 7
10:30 a.m.– 1:00 p.m.

Class size is limited - call **385-0802 to register!** There is no charge to attend.
289 Independence Blvd., Pembroke Three

Care and Share Support Group

A support group for family members affected by mental illness.

Facilitated by a NAMI trained family member.

There is no cost to attend. Registration is not necessary.

2nd and 4th Wednesday of each month

289 Independence Blvd., Pembroke Three, Suite 140

7:00 p.m. – 8:30 p.m.