



# FREE Course for Parents/Caregivers of Children & Adolescents with Mental Illness

Classes will run weekly for 3 weeks beginning:  
Friday, Oct. 19, 10 a.m.- 2:30 p.m.

315 W. 5<sup>th</sup> St. Bowie, AZ 85605  
October 19, 26 and November 2nd

**NAMI Basics** is the new education program for parents and other caregivers of children and adolescents living with mental illnesses. The program was designed around elements that have been extensively field-tested and found to be highly effective, including:

- Recognition of mental illness as a continuing traumatic event for the child & family
- Sensitivity to the subjective emotional issues faced by family caregivers and siblings
- Recognition of the need to help improve the day-to-day burdens of care and management
- Gaining confidence and stamina for what can be a lifelong role of family understanding and support
- Empowerment of family caregivers as effective advocates for their children

*All instruction and course materials are FREE to class participants!*

## The NAMI Basics Course will address the following:

- Current information about ADHD, Major Depression, Bipolar Disorder, Conduct Disorder, Oppositional Defiant Disorder, Anxiety Disorders, Obsessive Compulsive Disorder, Childhood Schizophrenia and Substance Abuse Disorders;
- Current research related to the biology of mental illness and the evidence-based, most effective treatment strategies available, including medications used to treat mental illness in children and adolescents;
- Specific workshops to learn problem solving, listening and communication skills;
- Strategies that have been found helpful in handling challenging behaviors;
  
- Information about the systems that are major players in the lives of children and adolescents with mental illness – the school system and the mental health system.

**Light meal served at each class.**

**Pre-register by Monday, October 15, 2018**

**email: [namiseazinfo@gmail.com](mailto:namiseazinfo@gmail.com)**

name, phone number, email address needed to register

**Sponsored by:**

**NAMI Southeastern Arizona, Cenpatico Integrated Care,  
and the Legacy Foundation of Southeast Arizona**

