

NAMI Basics Education Program

FREE for parents and family caregivers of individuals younger than 22 who are experiencing mental health challenges.

NAMI Basics is a 6-week education program that provide critical strategies for taking care of your child.

At NAMI Basics, you'll find out that **you're not alone**. Recovery is a journey, and there is hope. The group setting of NAMI Basics provides mutual support and shared positive impact—you can experience compassion and reinforcement from people who understand your situation. You also can help others with your own experience.

NAMI Basics covers:

- Managing crises, solving problems and communicating effectively
- How to take care of yourself and handle stress
- Developing the confidence and stamina to support your child with compassion
- Advocating for your child's rights at school and in health care settings
 - Sample Record Keeping System
- Learning about current treatments, including evidence-based therapies, medications and side effects
- Gaining an overview of the public mental health care, school and juvenile justice systems and supporting resources to help you navigate these systems
- Understanding the challenges and impact of mental health conditions on your entire family

REGISTER NOW! Call the NAMI Geauga office at 440-286-6264

Or email admin@namigeauga.org

Classes Start: Friday January 12th, 2018

NAMI Geauga Office
107 South Street Suite #2 Chardon, OH
10:00 am – 12:30 pm

NAMI Basics
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Fridays, 10 am – 12:30 pm
To Register (440) 286-6264

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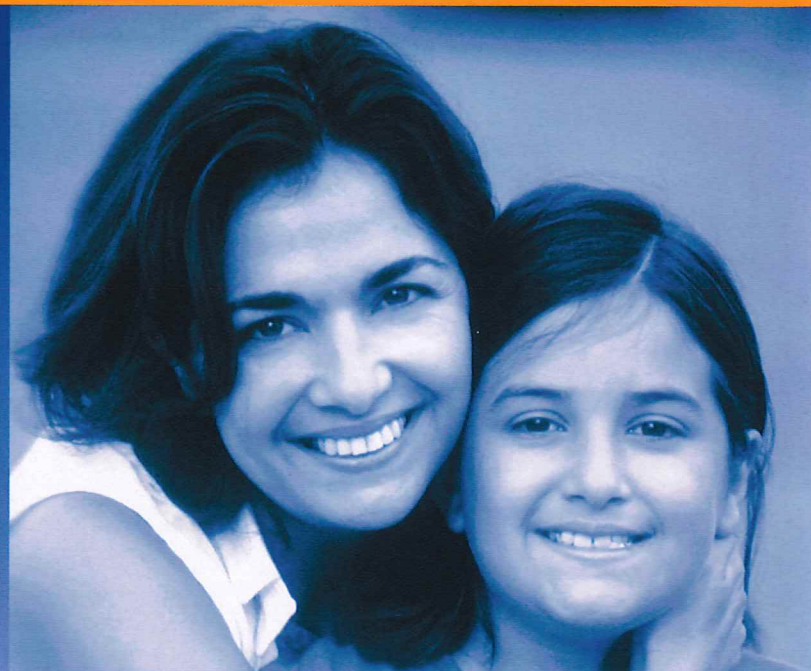
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For Any Parent or Primary Caregiver of a Child or Adolescent Living with Mental Illness



NAMI Basics offers education and support. Taught by parents who have lived similar experiences with their own children, NAMI Basics is an educational program that provides learning and practical insights for families. Course elements include:

- The trauma of mental illness for the child and the family
- The biology of mental illness: getting an accurate diagnosis
- The latest research on the medical aspects of the illness and advances in treatment
- An overview of treatment options—treatment works
- The impact of a child's mental illness on the rest of the family—caregivers and siblings
- An overview of the systems involved in caring for children and teens

The course is offered free of charge and consists of six classes that meet weekly or bi-weekly for 2-1/2 hour sessions.

Visit www.nami.org/basics, phone the NAMI HelpLine at 1 (800) 950-NAMI (6264) or e-mail info@nami.org.



Classes Start January 12th, 2018

107 South Street, Suite #5

Chardon, Ohio 44024

To register call: (440) 286-6264



www.nami.org/basics