

NAMI BASICS

The Fundamentals of caring for you, your family,
and your child with behavioral and emotional issues

FREE 6 week education course offered for parents/caregivers of children and adolescents with behavioral and emotional issues. (ADD/ADHD, Bipolar disorder, Anxiety and undiagnosed) Classes include:

Introduction- it's not your fault, these are brain disorders

The biology of brain disorders: getting an accurate diagnosis

Treatment works—an overview of treatment options

Tools for the toolbox—communication skills, problem solving, crisis preparation and response, handling challenging behavior, relapse planning, impact on family members

Record keeping and the systems your child may be involved in (school, juvenile justice, mental health)

Survivor stories, review, wrap-up



Please contact the NAMI San Gabriel Valley office and ask to be put on the NAMI Basics contact list. One of the teachers will call you back. The first class will begin on Monday Oct. 5th, 2009 at 6:30 pm-8:30 pm in Pasadena.

NAMI San Gabriel Valley phone: (626) 577-6697