



*Free Class
Starting September 3, 2014
9:30 am - 12:00 noon*

NAMI Basics is an educational program for parents and caregivers of children and adolescents living with mental illnesses. It covers the fundamentals of caring for yourself, for your family and for your child.

What You Should Expect

- * Meets for six sessions, 2.5 hours each, free of cost.
- * Designed for parents and other family caregivers of children and adolescents living with mental illness.
- * Taught by a team of trained teachers who are family caregivers of individuals who developed symptoms of mental illness as children.
- * Provides critical information and strategies related to caregiving.
- * Incorporates presentations, discussion and interactive exercises

Why You Should Attend

- * Up-to-date information on a range of mental illnesses and their impact on the brain.
- * Current research on treatments including evidence-based therapies, medications and side effects.
- * Preparation for interactions with the mental health care system, school system and juvenile justice system.
- * Training in preparedness and emotional resiliency
- * Skills related to managing crises, solving problems and communicating effectively.
- * Strategies for self-care and for navigating the challenges presented by mental illness for each family member.
- * Empowerment as an effective advocate for your child.
- * Confidence and stamina for life-long understanding and support.



Class will be held at
Regional Medical Center Bayonet Point
14000 Fivay Rd., Hudson, Fl.



*To register contact co-teacher
Georgianna (727) 277-8059
or NAMI Pasco (727) 992-9653*