

FREE NAMI BASICS EDUCATION PROGRAM



FREE CLASSES

*for parents and caregivers
of children and adolescents with
mental health/behavioral issues.*

**REGISTER NOW
FOR FALL 2013**

NAMI Basics is a FREE education course for parents or caregivers of children and adolescents living with mental health issues, including ADHD, anxiety disorders, depression, and others.

The course provides the fundamentals a caregiver needs to care for themselves, their family, and their child.

The six session course is taught by trained teachers who are also parents/caregivers of individuals who developed the symptoms of mental illness in childhood.

Classes include:

- ◆ Getting an accurate diagnosis ◆ Treatment options
 - ◆ Communication skills and problem solving
- ◆ Handling challenging behavior ◆ Advocating for your child

**Class will be held at
5210 York Rd Baltimore, MD 21212**

- ◆ **Limited Spaces—Registration Required** ◆

**TO REGISTER OR FOR MORE INFORMATION CONTACT OUR OFFICES.
410-435-2600 or info@namibaltimore.org**



**Metropolitan
Baltimore**

NAMI Metropolitan Baltimore empowers individuals with mental illness, their families, and communities through support, education, and advocacy.