



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

NAMI Basics offers education and support.

Classes are taught by trained 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 impact of mental illness on the child and the family – parents and siblings.
- The biology of mental illness: getting an accurate diagnosis.
- The latest research on medical aspects of the illness and an overview of treatment options.
- Specific workshops to learn problem solving, listening and communications skills, and development of a record-keeping system.
- Planning for relapse and crisis management.
- An overview of the systems involved in caring for children and teens: Mental Health, School, and Juvenile Justice.

The following disorders are highlighted in NAMI Basics:

Attention Deficit Disorder
Major Depression
Bipolar Disorder
Conduct Disorder
Oppositional Defiant Disorder
Anxiety Disorders
Obsessive Compulsive Disorder
Childhood Schizophrenia
Co-occurring Substance Abuse

NOTE: Your child does NOT need to have a formal diagnosis for you to participate in this class.

**Class begins Sunday, January 29, 2012
3:00 – 5:30 p.m.**

**Believers' Tabernacle
2000 S. Hillside, Wichita**

Class will meet every Sunday for six weeks. Last class: March 4.

Classes are free of charge. Register early – classes fill up fast! Please contact:

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