



**FOR PARENTS,
GRANDPARENTS
FOSTER PARENTS,
CAREGIVERS &
PROVIDERS
(WHO ARE ALSO PARENTS)**



NAMI Basics is a no-cost six-session course for parents and primary caregivers of children and adolescents who have shown symptoms of a mental health condition.

This course is taught by trained parents/caregivers who have similar lived experiences with their own children, allowing families to connect, learn, and empower themselves to overcome new challenges. No specific medical therapy or medication is endorsed or recommended

Illinois and Iowa CEU credits available for foster parents.

WHEN:

Six Saturdays

April 6th – May 11, 2019

from 2 to 4:30 p.m.

WHERE:

Foster Hope – QC Area

107 South State St.

Atkinson, Illinois 61235

REGISTER TODAY:

Call: 563-386-7477 Ext. 266, Mon–Fri, 10am–2pm

Online: <https://bit.ly/2RDJ31i>

To Learn More: www.namigmv.org

Thank you to our Host!



This program is supported in part by a Theisens More for Your Community Grant.

Course Elements Include:

- Emotional reactions to the trauma of mental health conditions
- The biology of the brain and getting a diagnosis
- Overview of treatment options, explanation of evidence based practices.
- Impact on the family, communication, problem solving skills crisis preparation
- Record keeping, overview of MH system, school and juvenile justice system

