



## *An educational program with the essentials of caring for yourself and a **child with mental illness***

Are you trying to help a child or adolescent with behavior problems or symptoms of ADHD, anxiety, bipolar disorder, panic disorder, schizophrenia, OCD, PTSD, or borderline personality disorder?

**If so, NAMI Basics is the class for you!**

**The goals of the NAMI Basics program are to offer:**

- Understanding of the biology of mental illnesses-getting an accurate diagnosis.
- The basic information necessary for parents/caregivers to take the best possible care of their child, family and themselves.
- Sensitivity to the emotional issues faced by parents/caregivers and other family members.
- Coping skills to lessen the day-to-day burdens of management and care.

**Class begins on Tuesday, March 13, 2012**

**St. Mary's Hospital Pavilion Health Connections Classroom B  
25500 Point Lookout Rd., Leonardtown, MD 20650  
6:30 – 9:00 P.M.**

Each class will meet for 2 ½ hours once a week for 6 weeks.

For more information about NAMI Basics, or to register call the NAMI Southern Maryland office at 301-737-1988.

*Please pass this information to anyone you think might benefit from this program.*

The National Alliance on Mental Illness BASICS Course is a **FREE**, peer-led Educational Program that offers information, insight, understanding, and empowerment. Instructors are NAMI-trained parents and caregivers of children with mental illnesses.

Attendees do not have to be members of NAMI Southern Maryland, but class size is limited.

**REGISTRATION IS REQUIRED**