

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 Wednesday, September 21, 2011
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, please call Laura at 301-247-7554 or Lori at 301-737-1988. Please leave your name and phone number.

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

Info on BASICS

- **NAMI Southern Maryland to Hold First NAMI Basics Class, Starting September 21st, in Leonardtown**

NAMI Southern Maryland is proud to present its first NAMI Basics class, at St. Mary's Hospital, in Leonardtown. This the first time that this valuable program has been offered in Southern Maryland. Like all NAMI programs, it is offered free of charge. Basics is a nationally recognized program for families that have a child or adolescent that has been diagnosed with a serious mental illness or is experiencing symptoms of mental illness. It will be delivered by two parents that have been trained and certified and share this experience. Basics is specifically designed for parents and caregivers of children and adolescents that are living with or are experiencing the symptoms of mental illness. According to one course participant: "Basics gave me a place to work through the complex emotions a parent experiences while raising a child who was showing symptoms of mental illness. It gave me support and validation from others' shared experiences." The class begins on September 21st, and will run for six weeks, from 6:30 to 9:00 p.m., at the Hospital's, new Pavilion Building, Health Connections Classroom B. While the class is free, seating is limited. Registration is required. Please call Laura McCombs (301.247.7554) for more information