

**JOIN NAMI BASICS CLASS**



# BEHAVIOR PROBLEMS?

*Learn the fundamentals of caring for you, your family and your child with behavior problems or mental illness.*

**ADD, ADHD, Bipolar, Depression, Anxiety, Oppositional Defiant, OCD & more**



NAMI Basics is a six session education program for parents or caregivers of children and adolescents with mental illnesses or behavior problems.

This program includes:

- recognition of mental illness as a continuing traumatic event for the child and the family;
- sensitivity to the emotional issues faced by family caregivers and well children in the family;
- recognition of the need to help improve the day-to-day burdens of care and management;
- gaining confidence and stamina for what can be a life-long role of family understanding and support;
- empowerment of family caregivers as effective advocates for their children.

**FREE CLASS BEGINS FEB. 5, 2010; 6:30PM**

Six Consecutive Friday Nights

South Lakeland Location

To register call (863) 533-4411

Ask for **NAMI Basics**



**Polk County**

