

## Who:

Parents and Primary Caregivers

## When:

Sundays, 3-5:30

April 8- May 6, 2018

## Where:

West Evangelical Free Church

1161 N. Maize Rd.

Wichita, Kansas 67212

(Enter the west door)

## Cost:

Free!

## Instructors:

Nicole Cox and Beth Mohler

## Registration:

Call, Text, or Email Beth

316.648.9465

[namibasics@namiwichita.org](mailto:namibasics@namiwichita.org)

Please register early!



National Alliance on Mental Illness

# NAMI Basics



## Do you have a child with mental health issues\*?

Join us at NAMI Basics!

A FREE, six-week course for parents and caregivers  
taught by trained parents who have lived  
similar experiences with their own children.

### Course elements include:

- Information on ADHD, Bipolar Disorder, Depression, Anxiety Disorders, Conduct Disorder, Schizophrenia, Oppositional Defiant Disorder, and Obsessive Compulsive Disorder.
- The impact of mental illness on the child and family.
- Biology of mental illness and current research
- The diagnostic process and treatment options.
- Strategies to improve problem solving and communication skills.
- Record keeping and crisis management.
- An overview of the Mental Health, School, and Juvenile Justice systems.



[www.namiwichita.org/basics](http://www.namiwichita.org/basics)



[facebook.com/NAMIWichitaBasics](https://facebook.com/NAMIWichitaBasics)

NAMI Basics is sponsored by



\* Your child does NOT need to have a formal diagnosis for you to participate.