

DO YOU HAVE A CHILD WITH EMOTIONAL OR BEHAVIORAL DIFFICULTIES?

Join our NAMI Basics Education Program!

What is the NAMI Basics Education Program?

NAMI Basics is a **free**, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.



Course Elements Include:

- Information on Depression, Anxiety, ADHD, Bipolar Disorder, Conduct Disorder, 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.

"This is the best program for families with children. It answers so many questions for parents. It can change and improve so many lives." - NAMI Basics participant

WHO: Parents and Primary Caregivers

WHEN: Wednesdays from 6:00 to 8:30 pm
Oct 2 thru Nov 6, 2019

WHERE: Westlink Church
10025 W Central Ave, Wichita

COST: Free!

SPACE IS LIMITED! REGISTER NOW!

Visit <http://bit.ly/BASICSfall2019>

Questions? Call Jennifer at 316-573-2573 or
Email L.Rosenbaum@namiwichita.org



About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Wichita is an affiliate of NAMI Kansas. NAMI Wichita and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.