NAMI Morris and NAMI Sussex, in collaboration with **Family Partners of Morris & Sussex Counties,** are pleased to co-sponsor

NAMI Basics: A Free 6-session Course for Parents/Family Caregivers of Children (2-18) with Emotional, Behavioral, or Mental Health Challenges

This can include mental health conditions, ADHD, ODD and autism spectrum disorder. Learn about helping your child, coping with stress, working with schools and healthcare providers, and more. Classes are taught by trained volunteer parents who've been there and would like to share their knowledge and support other families.

Tuesdays, Oct. 2 – Nov. 6, 2018, 7:00-9:30 p.m.
St. Francis Residential Community & Conference Center (Garden Room)
122 Diamond Spring Rd., Denville, NJ
(Use main entrance and inquire at reception desk)

Classes are **FREE. Registration by phone is required.** Participants should plan to attend all 6 sessions.
To register, call Jeri at 973-214-0632 or Lauren at 201-532-2267.

The course will include:

- Current information about Attention Deficit Disorder, Major Depression, Bipolar Disorder, Conduct Disorder, Oppositional Defiant Disorder, Anxiety Disorders, Obsessive Compulsive Disorder, Childhood Schizophrenia
- Empathic understanding of the subjective, lived experience of the child living with mental health challenges
- Effective problem solving, listening, and communication skills
- The stages of emotional reactions of the family to the trauma of mental health challenges
- Current research related to the biology of mental health challenges
- Evidence-based practices and effective treatment strategies, including how medications work and discussion of the controversy over using psychotropic medications with children
- Record keeping systems that have proven to be effective for use with the school and healthcare systems
- Crisis management planning
- Finding supports and services within the community

"No one should have to face this journey alone!"

www.nami-sussex-nj.org

www.familypartnersms.org

www.naminj.org/support/affiliates/morris