

National Alliance on Mental Illness (NAMI) of Chester County  
[http://www.namichestercounty.org/?page\\_id=8](http://www.namichestercounty.org/?page_id=8)

## **NAMI Basics Education Program**

*The fundamentals of caring for you, your family and your child with a mental illness*

National Alliance on Mental Illness (NAMI Chester County) is offering a new program designed **specifically for parents and caregivers of children and adolescents.**

Topics covered will include:

- Recognition of the child's mental illness as a continuing traumatic event for the child and the family.
- Sensitivity to subjective emotional issues faced by family caregivers and well children in the family.
- Recognition of the need to help reduce the day-to-day burdens of care and management.
- Gaining confidence and stamina for what could be a lifelong role of family understanding and support.
- Empowerment of caregivers as effective advocates for their children.

The learning format is instructional material, discussions and interactive exercises. Many family members will find great support and camaraderie

during the course of the class, not to mention valuable community resources designed to help maintain the health of the family and the child with a mental illness.

Current information will be provided about:

Attention Deficit Disorder

Major Depression

Bipolar Disorder

Conduct Disorder

Oppositional Defiant Disorder

Anxiety Disorders

Obsessive Compulsive Disorder

Childhood Schizophrenia

Substance Abuse Disorders.

**NAMI Basics classes are free!!**

**The 2½-hour classes run for six weeks.**