

What is the NAMI Basics Educational Program?

NAMI Basics is a free 6-session educational program designed for parents/caregivers of children and adolescents with mental health, emotional and behavioral difficulties. NAMI Basics helps parents to better understand the illnesses that are causing those behavioral difficulties and the critical role families play in the treatment process. Trained volunteer teachers who are also the parents of individuals who experienced symptoms as children teach the program. Your child does not need a specific diagnosis for you to attend.

The course begins on Saturday, June 9th, 2018

Meets for three consecutive Saturdays (June 9th, 16th and 23rd)

Time: 8:30am-1:30pm (we are covering 2 sessions per week)

Location: Behavioral Health Services

1212 N. California St. Conference Room C, Stockton, CA

****Registration Required****



Course includes current information on:

ADHD, Depression, Anxiety, ODD, OCD, Substance Abuse Disorders, Conduct Disorder, Bipolar, Childhood Schizophrenia.

You will also learn about:

The illnesses impact on the entire family- Getting an accurate diagnosis- Treatment options- Working well with your child's school (IEP & 504 plans)- Strategies for challenging behaviors- Where to find local resources and support for the entire family.

Participant Perspectives:

"The course covers almost every aspects of family and child resources. I could have spent a lifetime getting all this information! I feel supported, strong and ready to go forward."

"NAMI Basics bridges the gap. It provides help that can't be found in a doctor's office."

About 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 health challenges. NAMI San Joaquin volunteer members work tirelessly to raise awareness and provide education/support programs for people living with mental health challenges and the families who care for them.

NAMI SJ appreciates the support of SJC BHS for their generosity by providing the facility to host this valuable course

The program and materials are free!

*****Registration Required*****

***Note- This course is not for providers**

Information and Registration:

Debbie (209) 478-7799 or

NAMI Office (209) 468-3755

Dalter-NAMI@att.net

www.namisanjoaquin.org

(Childcare is not available during class)