



# Do You Have a Child with Mental Health Issues?

**NAMI Basics for Parents Class provides Education and  
Support for You, Your Family,  
and Your Child with Mental Health Issues**

**FREE, seven-week course offered for parents/caregivers of school-age  
children and adolescents with mental health issues. Classes include:**

- Introduction - it's not your fault; these mental health issues are brain disorders
- The biology of mental illness; getting an accurate diagnosis—, anxiety disorders, depression, ADD, ODD, OCD, childhood bipolar disorder, and others
- Treatment works - an overview of treatment options
- Tools for the toolbox - communication skills, problem solving, crisis preparation and response, handling challenging behaviors, relapse planning, and impact on family members
- Record keeping and dealing with the systems your child is involved in - school, mental health, and juvenile justice

**Offered Spring 2016**

**Saturday Mornings, 9:00—11:30 am, April 16 through  
May 21st, at the Chicago Behavioral Hospital,  
555 Wilson Lane, Des Plaines.**

Call 847-716-2252 for info and to register.  
Commitment to attend the entire seven-week course is required.

Sponsored by NAMI Cook County North Suburban  
847-716-2252 Visit [www.namiccns.org](http://www.namiccns.org)



**Cook County  
North Suburban**

**Find Help. Find Hope.**