



**PS182Q IN PARTNERSHIP WITH NAMI ORGANIZATION
 INVITES ALL PARENTS TO PARTICIPATE IN A WORKSHOP SERIES**

LOCATION	DATE / TIME	COORDINATOR
<p>PS 182Q AUDITORIUM 153-27 88th Avenue Jamaica, NY, 11432</p> <p>NAMI PRESENTERS: Almarie Tulloch and Maria Fuentes</p>	<p>EVERY THURSDAY,</p> <p>FROM 9 to 11:30 am</p> <p>MARCH 2ND – APRIL 6TH, 2017</p>	<p>Deniece Chi 212-684-3365 ext. 203 parent@naminyc.org</p>

NAMI Basics is a free, six-week education program for parents and other caregivers of children and adolescents with behavioral issues, undiagnosed emotional issues, attention deficit disorder (ADHD), or other diagnoses such as major depression, bipolar disorder, conduct disorder, oppositional defiant disorder (ODD), anxiety disorders, obsessive compulsive disorder (OCD), childhood schizophrenia and substance abuse disorders. NAMI Basics is taught by trained parents or other primary caregivers who have lived similar experiences with their own children. A recent study has shown that after taking NAMI Basics, parents and caregivers know more about the illnesses and the treatment strategies available to them, and are better able to advocate for their children within the mental health, school and other systems involved in their children’s care.

At this time this workshop is only being offered in English. At a later time, it will be offered in Spanish.

Class topics:
certificates.

- **Introduction to the stages of emotional reactions** of the family to the mental illness, including crisis, shock, denial, grief and acceptance.
- **Insights into understanding of the experience of the child living with mental illness**, including learning to separate the child you love from the illness that alters their behavior and abilities.
- **Current information** about attention deficit disorder, major depression, bipolar disorder, conduct disorder, oppositional defiant disorder, anxiety disorders, obsessive compulsive disorder, childhood schizophrenia and substance abuse disorders.
- **Current research related to the biology of mental illness** and the evidence-based, most effective treatment strategies available, including medications.
- **Specific workshops to learn problem solving, listening and communication skills**, and examples of strategies that have been found helpful in handling challenging behaviors in children and adolescents.
- **Information about the systems** that are major players in the lives of children and adolescents with mental illness.
- **Exposure to personal record keeping systems** that have proven to be effective for parents/caregivers.
- **Information on planning for crisis management and relapse**, locating appropriate supports and services within the community to build a community of support for the parent/caregiver.
- **Information on advocacy initiatives** designed to improve and expand services.

Basics graduates with their



If you have any questions regarding this workshop, please contact our Parent Coordinator, Gloria I. Cahill at 718-298-7700 Ext. 1051

WE HOPE TO SEE YOU!