

## Educational Course NAMI Basics

Will be offered by NAMI Waterbury in partnership with Warrior Princess.

### NAMI Basics:

This FREE educational course is offered to parents or family members of children and adolescents with behavioral health concerns.

### Classes Include:

- Attention Deficit Disorder,
- Major Depression
- Bipolar Disorder,
- Conduct Disorder,
- Oppositional Defiant Disorder,
- Anxiety Disorders,
- Obsessive Compulsive Disorder,
- Childhood Schizophrenia,

### The course will give you a better understanding of:

- The biology of the brain;
- Overview of treatment options;
- Tools for: communication skills, problem solving, crisis preparation and response, handling challenging behavior, relapse planning, impact on family members;
- Record keeping and the system your child is involved in;
- AND MUCH MORE!



### NAMI Basics Waterbury

**Start Date:** Thursday, October 13<sup>th</sup> 2016

**Time:** 6:30 – 9:00 PM

**Location:** One Exchange Place (4<sup>th</sup> Floor)  
21 West Main Street, Waterbury, 06708

### Contact & Registration:

**Brenda at**

203-725-0062 or 860-938-9243

**THE COURSE IS FREE AND WILL BE OFFERED IN SPANISH ONLY**



*If you are interested but cannot make this time, please let us know!*