

OCD?



Depression?



ADHD?



NAMI SWI is offering a free six-week signature education program, NAMI Basics. This course is for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or whom have already been diagnosed. The course is taught by a trained team with lived experience; they know what you're going through because they've been there. NAMI Basics is offered in a group setting so you can connect with other people face-to-face.

Starting Thursday
 July 20, 2017

6:00 to 8:00PM

Anderson Hospital
 6800 IL Route 162
 Maryville, IL 62062

To register or for more information, call the NAMI SWI Office at (618) 798-9788 or send an email to info@namiswi.org.

Bipolar?



Anxiety Disorder?



WHAT YOU WILL LEARN:

- Managing crises, solving problems and communicating effectively.
- How to take care of yourself and handle stress.
- Developing the confidence and stamina to support your child with compassion.
- Advocating for your child's rights at school and in health care settings.
- Learning about current treatments, including evidence-based therapies, medications and side effects.
- Gaining an overview of the public mental health care, school and juvenile justice systems.
- Understanding the challenges and impact of mental health conditions on your entire family.

REGISTRATION IS REQUIRED SINCE CLASS SIZE IS LIMITED AND FOR ORDERING ENOUGH MATERIALS.

NAMI SWI also offers support meetings for the individuals living with a mental disorder and for caregivers/family members of persons with a mental disorder. There are specialty support meetings too. Check NAMI SWI website for a list of meetings in various locations within our 12 county catchment area.