



Website: <http://namiswi.org> \* Email: [info@namiswi.org](mailto:info@namiswi.org)

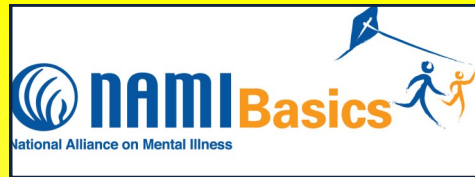
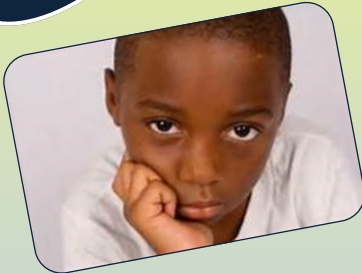
OCD?



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  
June 27, 2018

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](mailto: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.