



National Alliance on Mental Illness

NAMI Basics



A COURSE FOR PARENTS AND CAREGIVERS ON THE MENTAL HEALTH OF CHILDREN AND ADOLESCENTS

Have you thought about or are you seeking professional help for your child's mental health problems including ADHD, depression, or other mood disorders? Worried about your child's constant irritability or unhappiness? Feel like you're walking on eggshells for fear of setting off another outburst? Is your child's behavior creating problems at school? Are you wondering what is behind all of this and what can be done?

NAMI BASICS covers the following topics to help you deal with such questions!

NAMI Basics offers education and support. It is taught by parents who have lived similar experiences with their own children. NAMI Basics is an educational program that provides learning and practical insights for families. Course elements include:

- The trauma of mental illness for the child and the family.
- The biology of mental illness: getting an accurate diagnosis.
- The latest research on the medical aspects of the illness and advances in treatment.
- An overview of treatment options – treatment works!
- Communication tips for a more peaceful home.
- An overview of the systems involved in caring for children and teens.

The course is offered **free of charge** and consists of six classes that meet weekly for 2 ½ hour sessions.

FALL SESSION

Saturday, September 15, 2018 to Saturday, October 20, 2018
10:00am – 12:30pm

Your Facilitator:
Robert Rudolph

LOCATED AT NAMI OF GREATER TOLEDO
2753 WEST CENTRAL AVENUE
KENWOOD SHOPPING CENTER

Sign up online at www.namitoledo.org/classes or call (419)243-1119

WWW.NAMI.ORG/BASICS



National Alliance on Mental Illness

NAMI Greater Toledo

Support Groups

NAMI Connections Recovery Support:

- Are you living with a mental illness? Are you feeling frustrated, hopelessness, or confused? Do you need to talk with people who have experienced similar feelings or challenges?
- You are not alone. Please join us for our support group led by individuals who are in recovery themselves at NAMI every Monday and Wednesday from 7:00pm to 8:30pm at no cost.

Family Support Group:

- Do you have a loved one in a mental crisis? Are you feeling overwhelmed, frightened, and/or guilty? Do you need support to help learning ways to cope with these difficulties?
- Join our family support group at NAMI every Monday from 7:00pm to 8:30pm as we share our feelings and experiences in living with loved ones suffering from mental illnesses at no cost. It's great to talk to others who understand our particular situations.

VENT (Young Adults Support Group):

- Are you between the ages of 18-26 years old and are struggling with sadness, anxiety, or hopelessness?
- Come join us for our young adult support group at NAMI every Wednesday at 7:00pm to 8:30pm at no cost. Together we can work through life's hardships.

Art Support Groups:

- Creative Expressions, a grant funded program by the Lucas County Mental Health Board, will offer individuals, children and families the opportunity to create common ground through art expression.
- Call 419-243-1119 or visit www.namitoledo.org for more information on times and locations of our art support groups.

**All support groups are FREE and led by
trained facilitators**

2753 West Central Ave, Toledo, OH 43606
(419) 243-1119
www.namitoledo.org





Greater Toledo



FREE 3 Session Art Class

Provides an opportunity for children/adolescent to express themselves creatively through art and identify positive coping skills!

Children & Adolescents
with mental health diagnosis
(6-17 years old)

Siblings & Caregivers Welcome

**Please Contact NAMI for
Upcoming Sessions**

4:00pm – 5:15pm

NAMI of Greater Toledo

2753 West Central Ave., Toledo OH 43606



**REGISTRATION REQUIRED! TO REGISTER YOUR CHILD(REN)
AND/OR FOR MORE INFORMATION PLEASE GO TO
WWW.NAMITOLEDO.ORG/CREATIVE-EXPRESSIONS/**

OR

**CONTACT PROGRAM COORDINATOR, KRISTEN ZIENTEK:
419-243-1119 X203 OR KZIENTEK@NAMITOLEDO.ORG**

