

## **FREE CLASSES**



*for parents and caregivers  
of children and adolescents with  
mental health/behavioral issues.*

**REGISTER NOW  
FOR SPRING 2013**

***NAMI Basics*** is a FREE education course for parents or caregivers of children and adolescents living with mental health issues, including ADHD, anxiety disorders, depression, and others.

The course provides the fundamentals a caregiver needs to care for themselves, their family, and their child.

The six session course is taught by trained teachers who are also parents/caregivers of individuals who developed the symptoms of mental illness in childhood.

### **Classes include:**

- ◆ Getting an accurate diagnosis ◆ Treatment options
  - ◆ Communication skills and problem solving
- ◆ Handling challenging behavior ◆ Advocating for your child



Classes will be held Tuesday evenings starting April 16, 2013  
Location: 5210 York Rd, Baltimore, MD 21212

- ◆ **Limited Spaces—Registration Required** ◆

**For additional information or to register, contact:**

**NAMI Metropolitan Baltimore, Inc.**  
(410) 435-2600

[www.namibaltimore.org](http://www.namibaltimore.org)

Email: [info@namibaltimore.org](mailto:info@namibaltimore.org)

**Ask about our  
family support  
groups!!!**