



NAMI Greater Bloomington Accepting Registration for Basics Educational Program

Fundamentals of caring for you, your family, and your child with mental illness

The six week signature education program of the National Alliance on Mental Illness is intended for parents & caregivers of children and adolescents living with brain disorders.

The course will be taught by two trained instructors, Daunna Minnich and Sarah Hunt, each of whom are parents of children with mental illness who experienced symptoms of brain disorders prior to the age of thirteen.

Classes will be held weekly for a period of six consecutive Thursdays during the following dates and times.

Date: July 8th—August 12th

Time: 5:30-8:00 PM

**Location: Centerstone
Multipurpose Room
645 S. Rogers
Bloomington**

Examples of Topics Covered:

It's Not Your Fault: Mental illnesses are brain disorders

The biology of mental illness

Getting an accurate diagnosis

Overview of treatment options

Communication skills

Problem solving

Handling challenging behaviors

Impact on family members

Navigating the system: schools, juvenile justice, and mental health

NAMI Basics, a six week course, has been designed for parents/caregivers of children & adolescents with mental illness or emotional disturbances such as ADHD, Major Depression, Bipolar Disorder, Oppositional Defiance Disorder, Obsessive Compulsive Disorder, Childhood Onset Schizophrenia and co-morbid disorders such as substance abuse.

It is not necessary that the child have an "official" diagnosis.

The course and all materials are offered FREE of charge; however, class size is limited to 20 participants.

There is **no** provision for childcare.

Participants must **pre-register** to attend all six classes by the following **deadline: July 1st 2010.**

To **pre-register** or for more information, **please contact:**

Sarah Hunt:
812.327.8107,
sarah.f.hunt@gmail.com

or

Daunna Minnich:
812.333.6660,
daunna@aol.com