



## **THE FUNDAMENTALS OF CARING FOR YOU, YOUR FAMILY, AND YOUR CHILD OR ADOLESCENT WITH BEHAVIORAL HEALTH ISSUES**

**FREE education course offered for parents/caregivers of children and adolescents with behavioral health issues and social challenges. All course materials are provided. Course includes:**

- Introduction – it's not your fault
- The biology of behavioral health issues; getting an accurate diagnosis
- Treatment works – an overview of treatment options
- Tools for the toolbox – communication skills, problem solving, crisis preparation and response, handling challenging behavior, relapse planning, impact on family members
- Record keeping and the systems your child is involved in (school, juvenile justice, mental health)
- Survivor stories, review, wrap-up



**A SIX SESSION COURSE LED BY NAMI TRAINED TEACHERS**

**Thursdays, October 12 – November 16; 6:00-8:30 PM**

**356 Biltmore Ave., Ste. 207 (upper level of bldg.), Asheville, NC 28801**

**Pre-registration required by OCTOBER 2ND**  
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