



Is Your Child Struggling With Behavioral Challenges?

Experts agree that children and adolescents are growing up in an increasingly complex and stressful world full of social and academic challenges. Some of our kids are struggling to manage these challenges due to biological, psychological, and/or social issues. The symptoms of these underlying issues may include **school avoidance, isolation, sudden change in grades, self-harm, ADD, ADHD, anxiety, problems with relationships, impulsivity, poor decision-making, defiance, eating disorders, and substance abuse.**

The National Alliance on Mental Illness (NAMI) is offering an educational program specially designed for parents and other caregivers of adolescents and children living with emotional or behavioral challenges. An evidence-based program, NAMI BASICS is taught by trained parent volunteers who themselves have children with these issues. The class is offered at no cost to participants.

The program meets once a week for 6 weeks and covers topics such as neurobiology, problem solving skills, listening and communication skills, accessing services and supports, crisis management, and caregiver self-care.

NAMI BASICS

Classes start Tuesday, February 28th

7:00-9:30 PM

LEOMINSTER, MA

Registration is required and space is limited so please connect early!

To register: Dee 978.697.3441
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NAMI Massachusetts and NAMI North Central Massachusetts
namimass.org / naminorthcentralma.org

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