



## Is your child struggling with behavioral challenges?

- Is your child on an IEP?
- Is your child angry, sad, anxious, acting out or withdrawn?
- Has your child been diagnosed with ADHD, conduct disorder or other emotional problem?
- Are you concerned on how your child is behaving?
- ARE YOU having a problem understanding or coping?

**YOU are not alone...NAMI BASICS is for YOU!**

NAMI BASICS is a free education program for parents and caregivers of children and adolescents living with emotional and behavioral concerns. This 7 week course is taught by NAMI trained parent volunteers who themselves have children with these issues. Each class lasts 2 1/2 hours.

Topics include neurobiology, diagnoses and treatments, problem – solving, listening and communication skills, accessing services and supports, crisis management, advocacy for your child, and caregiver self care.

At NAMI BASICS you will find out you are not alone. The group setting of NAMI Basics provides mutual support and shared positive impact – You can experience compassion and reinforcement from people who understand your situation. You can also help others with your own personal experiences.

**CLASS in ACTON starts: Tuesday, April 11<sup>th</sup>  
7 – 9 PM**

To register contact:     Dee at 978.697.3441   or   Judy at 978.264.4291  
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