



nami

National Alliance on Mental Illness

**Piedmont
Tri-County**

Basics

A Free Peer Education Program

An education program specifically for parents and family caregivers of children and teens who are experiencing symptoms of a mental illness or have been diagnosed.

**Starting February 24, 2020; 6:15 pm – 8:45 pm
For 6 consecutive Mondays (Feb. 24 – Mar. 30)
Thrive Family Services
508 Bethel St, Clover, SC 29710**

During this FREE, 15-hour education course, you'll learn the facts about mental health conditions and how best to support your child at home, at school and when they're getting medical care.

- Find help and resources.
- Feel understood and validated.
- Develop better parenting and communication skills with your child or adolescent.
- Learn to work with the systems involved with your child, and the importance of record keeping.
- Become an advocate for your child.
- Develop the confidence and stamina to support your child with compassion.
- Understand the challenges and impact of mental health conditions on your entire family.
- Learn the value of self-care.

Topics include ADHD, Depression, Bipolar, Anxiety Disorders, Obsessive Compulsive Disorder, Oppositional Defiant Disorder and more.

Pre-registration is required. Class size limited to 15 people.

Contact Monica Hearn at namiptc.register@gmail.com

or Call 803-610-8174 to register.

NAMI Piedmont Tri-County
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