



NAMI Sussex, in collaboration with **Family Partners of Morris & Sussex Counties**, is pleased to offer

NAMI Basics: A Free 6-session Course for Parents/Family Caregivers of Children/Youth under 19 who are Experiencing Mental Health Symptoms

Classes are taught by trained volunteers who've been there and would like to share their knowledge and support other families. *Recovery is a journey and there is hope! You are not alone!*

Thursdays, April 23 – May 28, 2020, 6:30-9:00 p.m.
Family Partners of Morris & Sussex Counties
67 Spring St., Newton, NJ 07860

Classes are **free**, but telephone **registration is required**. Participants should plan to attend all 6 sessions.

To register, call Annette at 201-841-2174.

Program highlights include:

- Solving problems and communicating effectively
- Taking care of yourself and handling stress
- Accepting that mental health conditions are no one's fault
- Developing the confidence and stamina to support your child with compassion
- Advocating for your child's rights at school and in health care settings
- Learning about different types of mental health care professionals, available treatment options and therapies
- Preparing for and responding to crisis
- Gaining an overview of the public mental health care, school, and juvenile justice systems
- Understanding the challenges and impact of mental health conditions on your entire family
- Learning about brain biology and mental health diagnoses



www.nami-sussex-nj.org



Family Partners
OF MORRIS & SUSSEX COUNTIES



www.familypartnersms.org