



Are you a parent or caregiver of a child or young adult diagnosed or experiencing symptoms of a mental health condition? We would love to hear from you!

**TRAIN TO BECOME A NAMI BASICS TEACHER!
JANUARY 29&30, 2018 - 9:00AM-5:00PM
1800 ST. JULIAN PLACE, 1ST FL.
COLUMBIA, SC 29204**

The NAMI Basics course covers:

- Managing crises, solving problems and communicating effectively;
- How to take care of yourself and handle stress;
- Developing the confidence and stamina to support your child with compassion;
- Advocating for your child's rights at school and in health care settings;
 - [Sample Record Keeping System](#)
 - [Muestra del sistema de registro de información](#)
- Learning about current treatments, including evidence-based therapies, medications and side effects.
- Gaining an overview of the public mental health care, school and juvenile justice systems and [supporting resources to help you navigate these systems](#).
- Understanding the challenges and impact of mental health conditions on your entire family.

LUNCH WILL BE PROVIDED

**For more information contact Deniece Chi at
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