



Free Course for Parents

(6 sessions - 15 hours total)

***Do you have a child/adolescent struggling with behavioral or emotional challenges?**

***Does your child/adolescent live with a mental health condition?** (ADHD, Depression, Bipolar, Anxiety, Obsessive Compulsive Disorder, Oppositional Defiant Disorder or others?)

LEARN THE FACTS

- Find help and resources
- Feel understood and validated
- Develop better family communication skills
- Learn to work with the mental health systems
- Learn the importance of record keeping
- Become an advocate
- Know the value of self-care

Free course materials provided for each participant!

****Pre-registration is required****

Class is limited to 15 participants

Course begins September 12, 2018, 6:00 - 8:30pm

(Six consecutive Wednesday evenings) *

Lonnie Hamilton Public Services Building

4045 Bridgeview Drive Suite B-337

North Charleston, SC 29405

To register for this class, call or text

Malinda Terry at 843-814-2044



**Childcare services are not available.*