



Charleston Area (SC)

Coming
Soon

Do You

- Have a child struggling with behavioral and/or emotional challenges?
- Have a child living with a mental health condition such as: ADHD, Depression, Bipolar, Anxiety, Oppositional Defiant Disorder or others?

LEARN THE FACTS

NAMI Basics Class Can Help You ~

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

**Course scheduled to begin April 22nd or when class is filled.
Free course materials provided for each participant!
Pre-registration is required**

**Classes will be held on Wednesdays
6:00pm - 8:30pm
Childcare services are not available**

**Lonnie Hamilton Public Services Building
4045 Bridgeview Drive Suite B-337
North Charleston, SC 29405**

**Questions or to register for this class text ~
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Elane Gilmore @ 978-490-4611**

NAMICharlestonArea.org