

**FREE 15 Hour Education Course**

**For Parents of Children and Adolescents with**

**Behavioral and Emotional Challenges**

**NAMI Basics is a six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. The program taught by trained teachers who are also the**

**Parents or family caregivers of individuals who experienced**

**Emotional or behavioral difficulties.**

**Know the facts: 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;**

**Know the value of self-care!**

**A free binder with course materials for each participant!**

**Pre-registration is required. Call Deniece Chi (803) 261-0516 deniece.chi@namisc.org**

**When: September. 17th thru October. 29th**

**SKIPPING OCTOBER 8th ( COLUMBUS DAY)**

**6:00 pm – 8:30 pm**

**(6 Consecutive Monday evenings)**

**Where: 1800 St. Julian Place, Suite 104 Columbia, SC 29204**

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**NAMIMID-CAROLINA.ORG**