



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!*

**Saturdays, Oct. 5 – Nov. 9, 2019, 10:00 a.m. – 12:30 p.m.**  
**Family Partners of Morris & Sussex Counties**  
**67 Spring St., Newton, NJ 07860**

Classes are **free**, but **registration is required**. Participants should plan to attend all 6 sessions.  
**Contact us at 973-214-0632 or email [nami.sussex@gmail.com](mailto:nami.sussex@gmail.com) for information.**

### **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](http://www.nami-sussex-nj.org)



**Family Partners**  
OF MORRIS & SUSSEX COUNTIES



[www.familypartnersms.org](http://www.familypartnersms.org)