

# Are you the parent/caregiver of a child/adolescent who may be living with Mental Health Issues?



Register **NOW** for **BASICS**, Snohomish County's premiere **FREE 6-WEEK COURSE** for parents/caregivers of children/adolescents/young adults to age 22 who have behavioral, emotional disturbance/mental health issues, including ADHD. It is funded by the **NATIONAL ALLIANCE ON MENTAL ILLNESS** of Snohomish County. The teachers are volunteer parents who have "walked the walk" and are nationally certified. Now over 300 graduates have described the course as **"life-changing", "empowering", "forever changes my advocacy for my youth", and "has given me understanding, SO many resources, but most of all HOPE!"**

## You Will Learn:

- **YOU ARE NOT ALONE!**
- It's not your fault, but a biological brain disorder.
- How to get an accurate diagnosis, how to survive it, and how to get treatment that WORKS!
- Listening and Communication skills to help you become your youth's best advocate as well as CEO for YOUR YOUTH, YOURSELF, and YOUR FAMILY!
- Learn how to keep important records for SCHOOL, MEDICAL CARE, EMERGENCY SITUATIONS and SSI. You will be given a notebook of forms to help facilitate this.
- How to handle crises, relapses, and encounters with the juvenile justice system.
- Community and schools' roles in treating youth/adolescents with mental health issues.



**Come For:**  
**EMOTIONAL SUPPORT, SELF-CARE**  
*and the opportunity to learn*  
**UNDERSTANDING and ACCEPTANCE**  
**of your life challenges!**

**Dates:** May 9-30, June 13 & 20, 2017

**Time:** 6:30pm - 9:30pm (for 6 consecutive Tuesdays)  
(June 6, 2017, Monthly Parent Support Group)  
(7:00pm - 9:00pm same place)

**Place:** First Presbyterian Church  
2936 Rockefeller Avenue  
Everett, WA 98201

**REGISTRATION REQUIRED.** Please contact Becky Gibbons at **206-229-1572** or Micki Smith at **mickismithnami@yahoo.com**

*Class limited to 20 people. Spaces are already filling. BASICS is only offered at specific times of the year so please CALL NOW for THIS session!*

*The Edmonds School District does not sponsor or endorse the activity and/or information contained in this material.*

*In appreciation of First Presbyterian Church, Everett, WA*