



Free Six-Week Class for Family Members and Family Caregivers of Children and Adolescents with Mental Health Conditions

- ❖ Understand the experience of youth living with mental illness
- ❖ Learn about the biology of brain disorders including Autism, ADHD, Bipolar Disorder, and Depression and the most effective treatment strategies
- ❖ Discover problem-solving skills and how to handle challenging behaviors
- ❖ Find out how to create effective personal record keeping systems
- ❖ Receive information on planning for crisis management and relapse and how to build a community of support

**First Congregational Church
608 West 4th Street in Waterloo-lower level**

**Every Thursday, starting April 18 through
May 23, from 6 to 8:30 pm**

The deadline to register is Friday, March 29. If you have questions or want to register for the class, please contact Leslie Cohn at NAMI Black Hawk County, 319-235-5263 or namibh@qwestoffice.net

This class is supported through: Cedar Valley Dance * Cedar Valley United Way
Community Foundation of Northeast Iowa * County Mental Health and Disability Services
Guernsey Foundation * MercyOne Waterloo Medical Center * Sam's Club-Walmart Foundation
UnityPoint Health-Allen Hospital * Veridian Credit Union

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A. Kemp