



## **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 4<sup>th</sup> 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](mailto: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