



Southwestern  
Pennsylvania

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***For Immediate Release***

**NAMI ANNOUNCES NEW CLASS FOR PARENTS AND CAREGIVERS OF CHILDREN WITH MENTAL HEALTH ISSUES**

Pittsburgh, Pa.—NAMI Southwestern Pennsylvania is offering, for the first time, the NAMI Basics Education Program for parents and caregivers of children and adolescents with mental health issues. This six week series of classes will begin in Squirrel Hill on Monday, Sept. 15 from 6:30 to 9 p.m. at the Children’s Institute of Pittsburgh.

Free to participants, the course will cover information about ADHD, Depression, Bipolar Disorder, Conduct Disorder, Oppositional Defiant Disorder, Anxiety Disorders, Obsessive Compulsive Disorders, Schizophrenia and Substance Use Disorders. It will teach coping skills such as handling crisis and relapse; basic information about medical use in the treatment of mental illness in children; listening and communication techniques; problem solving skills; and an overview of the mental health and school systems’ roles in treating children with mental health issues.

The course will be taught by two trained teachers with extensive training, who are also parents of individuals who developed mental illness as children.

“This course provides a meaningful experience for parents and caregivers of children with mental health issues,” said Christine Michaels, executive director of NAMI Southwestern Pennsylvania. “It introduces them to a community of people with shared life experience, which is equally important as the education and skills training they will receive in the class.”

“We hope parents and other caregivers will take advantage of this unique opportunity,” Michaels added.

For more information, contact NAMI at (412) 366-3788 or visit [www.namiswpa.org](http://www.namiswpa.org).

**About NAMI**

NAMI Southwestern Pennsylvania, an affiliate of the National Alliance on Mental Illness, is dedicated to improving the lives of individuals and families affected by mental illness through recovery focused support, education and advocacy.

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