

## **BASICS Workshop for Parents**

Date and Time

Tuesday 1/22/2019 5:00 to 7:30pm

Event URL

[BASICS Workshop Registration](#)

Event Region

Roanoke Valley

Event Type

Workshop

RSVP Info

Must register on website. For more information, please email Jillian Bessett at [jill.namiroanokevalley@gmail.com](mailto:jill.namiroanokevalley@gmail.com) or call 804-212-4448

Event Cost

\$0.00

Event Description

Nami in Roanoke Valley offers a workshop for parents and other caregivers of children with emotional disturbances or severe behavioral problems. BASICS is a six-week curriculum which covers topics including brain biology; childhood mental illnesses; organization of data and record keeping, self-care and coping; working with social services, schools, and the judicial system; and advocacy skills for parents and caregivers of children with emotional disturbances or severe behavioral problems.

A light dinner is provided for the family, and group childcare is offered for children 12 years old and younger during the class session. Please contact Jillian if you will need childcare during the course. This event is free but registration is required as space is limited.