

A special invitation to...

**Parents & Direct Caregivers of
Children and Adolescents with Brain Disorders**

Join us for

Visions for Tomorrow

A **FREE** education class to help parents and caregivers face the day-to-day challenges of brain disorders.

Visions for Tomorrow is a **FREE** 8-week psycho educational program for parents/primary caregivers of children and adolescents with brain disorders (such as ADD, Depression, Autism, Bipolar Disorder, etc.) or symptoms indicating the possibility of a brain disorder. The symptoms and resulting difficulties that children and adolescents experience are very different from those faced by families with adults who suffer from brain disorders. That is why this program is so special. *Visions for Tomorrow* concentrates solely on children and adolescents, their families, and their day-to-day struggles. The class includes:

- How the brain works
- ADD, PDD/Autism, Tourette's, Conduct Disorder, Bipolar Disorder, Depression, Eating Disorder, Anxiety Disorder, OCD, Post-Traumatic Stress, Separation Anxiety, Panic, Phobia, Generalized Anxiety, Childhood Schizophrenia, and Schizoaffective Disorder.
- Sharing Our Unique Life Experiences
- Organization of Data and Record Keeping
- Communication Skills
- Self-care for Caregivers
- Problem Solving
- Recovery and Transition
- Judicial System
- Continuing Support Group Formation

**KNOW the facts... LEARN how to cope
FIND help and resources
Feel UNDERSTOOD and validated
LEARN the importance of SELF-CARE**

2-inch binder filled with materials will be given to each participant

When: January 24, 2006 from 6:30 PM to 8:30 PM

Where: Northbrook Public Library



Visions for Tomorrow is a NAMI Illinois education program.
Sponsored by NAMI of Lake County and NAMI CCNS.

**For more information or to register, call Kim Christianson-Franklin at
847-917-2902 or Helene Rhodes at 847-251-4912.**