

Visions for Tomorrow



Visions For Tomorrow is a curricula that addresses the needs of younger families who have a child or adolescent with a mental illness. Taught by primary caregivers, *VFT* classes offer families a safe and supportive place to share experiences and learn from other adults who care for children with mental illness. Primary caregivers include not only parents, but grandparents, aunts, uncles, respite care providers and foster parents, as well. By providing education, empathy and empowerment, families will now have the tools to build visions for their family's tomorrow.

In *Visions for Tomorrow* classes provides information on specific brain disorders such as:

Hyperactivity Disorder (ADHD)	Conduct Disorder	Bipolar Disorder
Depressive Disorder	Eating Disorders	Anxiety Disorders
Schizophrenia	Post-Traumatic Stress	Autism
Borderline Personality	Obsessive-Compulsive Disorder	and others

This nationally recognized curricula, which NAMI Texas has shared with 31 states, also offers young family caregivers additional information on accessing school services, IDEA, transition activities and other topics of interest.

***Visions For Tomorrow* also builds skills and knowledge in the following areas:**

Brain Biology	Communication	Coping and Self-Care
Problem Management		Rehabilitation/Transition
Organization/Record-Keeping		Types of Therapies
Juvenile Judicial System		Advocacy and Stigma

***Visions for Tomorrow* is FREE to all families, parents and caregivers of children with mental illness.**

Presented by: NAMI Metropolitan Houston
Location: MHMRA Conference Center, 7033 Southwest Freeway,
Houston, 77074 **Conference RM C**
Dates: 2/9/10 to 3/30/10 (8 consecutive Tuesdays)
Time: 6:00 pm to 8:30 pm

For more information call:

Eileene Chappelle at 281/922-7032
(Pre-registration is required to attend)

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