

For immediate use

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EDUCATION PROGRAM FOR CAREGIVERS OF KIDS WITH EMOTIONAL DISORDERS BEGINS MARCH 29

Hand-to-Hand, a ten-week education program for parents and other caregivers of children with emotional/ neurobiological disorders, begins Monday, March 29.

Hand-to-Hand is an initiative of NAMI – the National Alliance on Mental Illness. The classes will be held at Crossroads, 8445 Munson Road in Mentor. Both Crossroads and the local chapter of NAMI are service providers in the Lake County ADAMHS Board network.

Christi Farmer of NAMI says there is no cost to participate in the Hand-To-Hand classes. “This is a wonderful opportunity for caregivers to learn effective strategies for dealing with kids who have ADHD, bipolar disorder, anxiety disorders, or other mental illnesses,” she notes. “We’ll cover medications, coping skills, and special educational needs, but we’ll also look into important issues like the juvenile justice and child protection systems.”

Farmer notes that registration is required and space is limited. For more information or to register call 440-639-1200. More information on the Lake County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board and its network of provider agencies is available at www.HelpThatWorks.us.

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