



Education and Support for Parents and Caregivers

A Free Peer Education Program

Saturday's

**Feb. 1st, 8th and 15th
10:00 am – 2:00 pm**

**Lorain Main Branch Library
351 W 6th St.
Lorain, OH. 44052**

- Open to parents and caregivers of children and adolescents who are experiencing mental health challenges
- Find a community of support
- Gain practical and up-to-date information about mental health challenges
- Learn how to effectively advocate for your child with the school and mental health systems
- Develop problem solving and communication skills
- Meets weekly for 3 sessions
- Taught by trained NAMI program leaders

**SEATING IS LIMITED. PLEASE CALL TO REGISTER
at 440.705.0740 or EMAIL ramoswanda2@gmail.com**