



FREE EDUCATION & TRAINING OPPORTUNITY

Classes are held each
Spring and Fall.

For more information or to
preregister for upcoming classes,
contact the NAMI Yakima office

Visions for Tomorrow is a workshop course taught by family members and other care providers of children and adolescents with mental illnesses. The course addresses the needs of younger families in dealing with loved ones with mental health needs.

Topics include types of mental illnesses and emotional disorders as well as instruction on coping skills, working with schools, and how to be an advocate.

In Visions for Tomorrow classes you'll learn about specific brain disorders such as:

**Hyperactivity Disorder (ADHD)
Borderline Personality Disorder
Schizophrenia/Schizoaffective
Tourette's Syndrome
Reactive Attachment Disorder
Eating Disorders**

**ODD/Conduct Disorder
Bipolar/Depressive Disorders
Autistic Spectrum Disorders
Anxiety Disorders
Obsessive-Compulsive Disorder**

Additionally, you'll learn these essential skills:

**Brain Biology
Coping and Self-Care
Rehabilitation/Transition
Organization/Record-Keeping
Juvenile Judicial System**

**Communication
Problem Management
Advocacy and Stigma
Types of Therapies**

**Space is limited
To Register, Call 509.453.0753 or
email info@namiyakima.org**

Program Made Possible
Through the Generous
Support of UCCY &
the United Way of
Yakima County



Visions for Tomorrow