

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	Advocacy and Stigma
Organization/Record-Keeping	Types of Therapies	Juvenile Judicial System

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

Presented by: NAMI Metropolitan Houston and Systems of Hope

Location: 6300 Chimney Rock Houston, TX 77081 Room 203

Dates: July 25-27 2008

Weekend Classes

June 25th 6:00pm – 9:30pm

June 26th 8:30am – 5:00pm

June 27th 8:30am - 4:00pm

***For more information and registration,
please contact: Tammy Foster (713) 295-2519 or the NAMI MH Office at (713) 970-4419
Email: tammy.foster@cps.hctx.net***