

Visions for Tomorrow



Visions For Tomorrow is a curriculum 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 curriculum, 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* 3 Classes in West Houston**

***FREE to all families, parents and caregivers of children with mental illness
Pre-registration is required.***

Location: Chapelwood United Methodist Church

Dates: Sept. 9 – Nov. 11, 2009, every Wednesday morning, 9:30 am – noon
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Location: St. Peter's United Methodist Church, Katy

Dates: Sept. 10 – Nov. 12, 2009, every Thursday evening, 6:30 – 9 pm
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Location: Memorial Drive Presbyterian Church (Memorial & Blalock)

Dates: Sept. 15 – Nov. 17, 2009, every Tuesday evening, 6:30 – 9 pm

***For more information and registration (required),
please contact: Bonnie Cord, 713-984-2538, bccord@swbell.net***

**NAMI West Houston
www.namiwesthouston.org**

(Please turn over for Support Group information)

Visions for Tomorrow

Support Groups
for
Parents & Caregivers
of
Children and Adolescents
With a Brain Disorder

(ADHD, PDD/Autism, Depression, Bipolar Disorder,
Or other emotional or behavioral concerns)

Times and Locations:

The First Wednesday of the month, 7-8:30 pm
Pines Presbyterian Church, 12751 Kimberley Lane,
Library (in Town & Country Village area)
Call Bonnie Cord, 713-984-2538

Last Wednesday of the month, 10-11:30 am
St. Cecilia Catholic Community, 11720 Joan of Arc Dr., Community
Center, Room 202
(near Bunker Hill and I-10)
Call Diane Goyette at 713-896-1153

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