

DID YOU KNOW?

NAMI IS OFFERING BASIC TRAINING

Basics Is A Free, 6-Week Class For Parents And Caregivers Of Children And Teens Ages 17 And Younger Who Are Looking To Better Understand Their Child Or Teen With Mental Health Issues.

The course is taught by a trained team with lived experience—they know what you're going through because they've been there. The 6-session class teaches strategies for taking care of your child, and learning the ropes of recovery.

Whether your child is dealing with behavioral issues, undiagnosed emotional issues, attention deficit hyperactivity disorder (ADHD), or other diagnoses such as major depression, anxiety disorders, bipolar disorder (also called "manic depressive disorder"), oppositional defiant disorder (ODD), conduct disorder (CD), substance use disorders, or more, NAMI Basics can help.

UPCOMING CLASSES

MONDAYS, 6-8:30 PM, JANUARY 29 - MAR 11, 2024 (SKIP 2/19) (VIRTUAL).

COMPLETE AN INTEREST FORM AT <https://naminyc.teaforms.net/L3>

Office of Cannabis Management (OCM)

Can cannabis have an impact on mental health?

Youth frequently using cannabis can increase the risk of mental health issues, including depression, social anxiety, acute psychosis, and schizophrenia. Cannabis consumption, especially frequent (daily or near daily) consumption and consumption that begins at an early age has been associated with schizophrenia and psychosis. The association appears stronger in people who also have a family history of schizophrenia, and in people who consume cannabis with higher THC content.

Parents and mentors: You can impact whether the young people in your life consumes cannabis. Start the conversation with them early and have it often. Make sure they understand the consequences and the negative impact it can have on their growing, developing brain. pre-teens, teens, and youth young people in their early 20s tend to seek out new experiences and engage in risky behaviors, like using cannabis. (OCM,2024)

[What Parents, Mentors, and Trusted Adults need to know about Cannabis](#)

OUR NEEDS GET INVOLVED



PAROLE JUSTICE FOR SAFE COMMUNITIES ADVOCACY DAY

TUESDAY, JANUARY 23, 2024

ALBANY, NEW YORK STATE CAPITOL
FOOD AND TRANSPORTATION PROVIDED

Join PCPJ as we rally in Albany for our first mass mobilization of 2024! We will celebrate the critical work of formerly incarcerated community members to improve community safety and call on lawmakers to pass *Elder Parole and Fair & Timely Parole*.



RSVP: [BIT.LY/SAFECOMMUNITIES2024](https://bit.ly/safecommunities2024)

FAMILY & WELLBEING

Advocacy Roundtable

Join United Way for an exciting series of conversations aimed at highlighting successful practices and identifying strategies to build the conditions for all children, families, and neighborhoods to flourish.

FRIDAY
JANUARY 19

at The Blake Annex
10:00am - 11:30am

PANELISTS

MEGAN QUILLINAN
Executive Director, Mechanicville Area Community Services Center

HARRIS OBERLANDER
CEO, Trinity Alliance

DR CARLOS COTTO
Asst. Superintendent of Innovation, Equity & Engagement, Schenectady City School Division

CRYSTAL CHARLES
Senior Policy Analyst, Schuyler Center for Analysis and Advocacy

REV. JOY BARRETT-HOWARD
Executive Director, Frank Chapman Memorial Institute



Registration is required
unitedwayocr.org/rsvp

RSVP