



Children's
of Alabama®

THE CARES PROGRAM

at Children's of Alabama-Behavioral Health

Caregiver **A**dvocacy, **R**esources, **E**ducation and **S**upport.

Here at Children's Behavioral Health, we understand the challenges experienced by caregivers of children with behavioral health conditions. Through our CARES Program, we provide caregivers with the information, resources and support they need to understand and cope with their child's challenges.

Program Goals:

- We educate caregivers, providing critical and helpful information about your child's treatment
- We equip caregivers, teaching skills and tools to help you care for your child
- We empower caregivers, connecting you with resources and services that will continue to help you and your child



THE CARES PROGRAM

PRESENTS:

CARES Talks

Caring for a child with mental, emotional or behavioral health problems can be difficult. Finding resources and support can also be challenging.

During the CARES Talks, caregivers and community members will hear from experts and community resources about topics related to caring for children with various emotional, behavioral or mental health needs.

2019 CARES Talks Schedule:

- February 7—“Managing Challenging Behaviors in the Home”
- May 2—“Your Child’s Mental Health: Knowing the Signs and Asking for Help”
- August 1—“Overcoming Trauma, Grief and Other Childhood Challenges”
- November 7—“Nutrition and Mental Health”

WHERE:

Children’s of Alabama, Lowder Building 3rd Floor, Cain Conference Room

*Enter through McWane Building (7th Avenue Entrance) and stop at information desk for directions.

WHEN:

5:00pm-7:00pm

Refreshments will be served and registration is required to ensure adequate space and materials. To register, please visit give.childrensal.org/CaresTalks

If you have questions or want more information, please email: CARES@childrensal.org.

