

A UNIQUE PATH TO WELLNESS

Starting Sunday September 10th, 2017 11:00-1:30pm (schedule overleaf)
at the Learning Center, Cambridge Hospital

What is Peer-to-Peer?

NAMI Peer-to-Peer is a free 11-week recovery-focused educational program for adults who wish to establish and maintain their wellness. Great value is placed on the individual experiences of each person in the class and participants are empowered and invited to share their own stories and the coping tools that have worked for them.

Peer-to-Peer is DBT and Mindfulness

1. You'll learn how to focus on the present
2. You'll learn how to relax
3. You'll learn how to make decisions
4. You'll learn how to recognize the effects of emotions on actions

Peer-to-Peer is Brainstorming

You'll be able to talk about the ways that you have experienced events in your life. You'll develop new coping skills. You'll draw a map of your recovery and explore relapse prevention

Peer-to-Peer builds connections

Our class members bond through their shared experiences, their communalities and their creativity. Lifelong friendships are made.

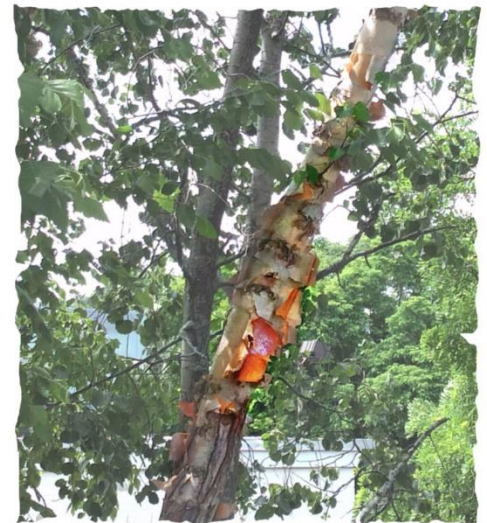
Peer-to-Peer is an easy 'app'

Enhancing the Peer-to-Peer experience is the interweaving of discussion and learning with the creation of images that reflect the past, present and future of every person in the class. Using a simple App, you'll be able to create imagery on mobile devices* helping you to thoughts and feelings. The app takes a few minutes to learn and the results always look great.

Peer-to-Peer is storytelling

Participants tell their stories to each other using words and the images they create. Some participants find that they can express in pictures, what they find hard to share in words.

"I learned from Peer-to-Peer that there are more people than I realized who have mental illness and that you should not be ashamed or feel stigmatized".



Shedding my skin

*If you do not have a mobile device you will be able to borrow one.

Classes start Sunday,
September 10th, 2017
11:00-1:30

For more information and to register please
call Megan Wiechnik
mwiechnik@namimass.org (617) 580-8541



Class Schedule Cambridge

<p>Week 1/Orientation Sunday September 10th 11:00-1:30pm Classes 1 and 2 Welcome, Introductions, Orientation, Questions and answers Icebreaker Ground rules Discussion on course values The experience of trauma Stages of recovery Stigma Culture Mindfulness</p>	<p>Week 2 Sunday September 17th 11:00-1:30pm Class 3 Brain biology and research Therapies Relapse prevention Creative visualization Mindfulness</p>
<p>Week 3 Sunday September 24th 11:00-1:30pm Experiences and Inspiration with Expressive Digital Imagery</p>	<p>Week 4 October 1st 11:00-1:30pm Class 4 Storytelling- sharing of personal experiences Mindfulness</p>
<p>Week 5 Sunday October 15th 11:00-1:30pm Class 5 Information and discussion about: Schizophrenia Depression Bipolar Schizoaffective Disorder BPD Relapse prevention Mindfulness</p>	<p>Week 6 Sunday October 22nd 11:00-1:30pm Class 6 Information and discussion about: Anxiety Panic Attacks OCD PTSD Relapse prevention Dual Diagnosis and Substance use The role of acceptance in recovery Mindfulness</p>
<p>Week 7 Sunday October 29th 11:00-1:30pm Class 7 Understanding emotions Relapse prevention Focusing on experiences of joy Spirituality Physical health and mental health Mindfulness</p>	<p>Week 8 Sunday November 5th 11:00-1:30pm Experiences and Inspiration with Expressive Digital Imagery</p>
<p>Week 9 Sunday November 12th 11:00-1:30pm Class 8 What to do when you or someone you know may be contemplating harming themselves Coming out of isolation Do I disclose? Take home tool for making difficult decisions Surviving a hospital stay Advance directive for mental healthcare decision making, Mindfulness</p>	<p>Week 10 Sunday November 19th 11:00-1:30pm Class 9 Guest speaker Hot buttons and triggers Working with Providers Advance directives continued Incarceration- survival and preparedness Mindfulness</p>
<p style="text-align: center;">Week 11 Sunday December 3rd 11:00-1:30pm Class 10 Another look at stages of recovery, Empowerment, Advocacy, Opportunities for involvement with NAMI, Mindfulness, Evaluations, Celebration Storytelling with your images Graduation - Bring your friends!</p>	