



# Peer-to-Peer



Central Middlesex

with MyMoments  edi

# A UNIQUE PATH TO WELLNESS

Starting Tuesday May 2<sup>nd</sup> 9:30-12:00pm (schedule overleaf)

**At the Temple Kerem Shalom 659 Elm St Concord, MA 01742**

### 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.

*"This was the first time I really looked at my life while I was surrounded by those in recovery. It was very enlightening".*



Recovery makes you feel warm and full of hope

### 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.



**For more information and to register please contact**

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## Class Schedule Concord May 2nd

<p><b>Week 1/Orientation Tuesday May 2<sup>nd</sup> 9:30-12:00pm</b>  <b>Classes 1 and 2</b>  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><b>Week 2 Tuesday May 9<sup>th</sup> 9:30-12:00pm</b>  <b>Class 3</b>  Brain biology and research  Therapies  Relapse prevention  Creative visualization  Mindfulness</p>
<p><b>Week 3 Tuesday May 16<sup>th</sup> 9:30-12:00pm</b>  Experiences and Inspiration with Expressive Digital Imagery</p>	<p><b>Week 4 Tuesday May 23<sup>rd</sup> 9:30-12:00pm</b>  <b>Class 4</b>  Storytelling- sharing of personal experiences  Mindfulness</p>
<p><b>Week 5 Tuesday May 30<sup>th</sup> 9:30-12:00pm</b>  <b>Class 5</b>  Information and discussion about:  Schizophrenia  Depression  Bipolar  Schizoaffective Disorder  BPD  Relapse prevention  Mindfulness</p>	<p><b>Week 6 Tuesday June 6<sup>th</sup> 9:30-12:00pm</b>  <b>Class 6</b>  Information and discussion about:  Anxiety  Panic Attacks  OCD  PTSD  Relapse prevention  Dual Diagnosis  Substance use  The role of acceptance in recovery  Mindfulness</p>
<p><b>Week 7 Tuesday June 13<sup>th</sup> 9:30-12:00pm</b>  <b>Class 7</b>  Understanding emotions  Relapse prevention  Focusing on experiences of joy  Spirituality  Physical health and mental health  Mindfulness</p>	<p><b>Week 8 Tuesday June 20<sup>th</sup> 9:30-12:00pm</b>  Experiences and Inspiration with Expressive Digital Imagery</p>
<p><b>Week 9 Tuesday June 27<sup>th</sup> 9:30-12:00pm</b>  <b>Class 8</b>  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><b>Week 10 Tuesday July 11<sup>th</sup> 9:30-12:00pm</b>  <b>Class 9</b>  Guest speaker  Hot buttons and triggers  Working with Providers  Advance directives continued  Incarceration- survival and preparedness  Mindfulness</p>
<p style="text-align: center;"><b>Week 11 Tuesday July 11<sup>th</sup> 9:30-12:00pm</b>  <b>Class 10</b>  Another look at stages of recovery,  Empowerment, Advocacy, Opportunities for involvement with NAMI, Mindfulness, Evaluations, Celebration  Storytelling with your images</p> <p style="text-align: center;"><b>Graduation - Bring your friends!</b></p>	