

Peer-to-Peer is coming to Everett

Classes start Monday April 3rd, 2017 6:30-9:00pm

at Whidden Hospital, Everett in the Williams Auditorium 103 Garland St. Everett, MA 02149

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

- You'll learn how to focus on the present
- You'll learn how to relax
- You'll learn how to make decisions
- 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.

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

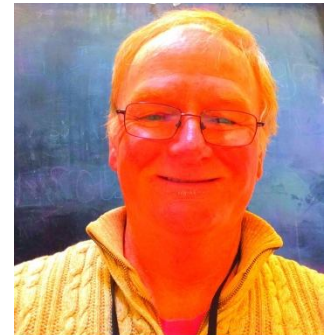
"This was the first time I really looked at my illness while I was surrounded by those in recovery. It was very enlightening".



...then there are days...



The journey of My Steps!



Mr Sunshine

"Sharing the images with my loved ones helps them understand me more than they already do... One of the images I shared with my son made him cry - which he never does. So that's how powerful these images can be."

For more information and to register please call

Merlyn Snyder (857) 891-0471
merlynsnyder60@gmail.com

or

Daniel Sullivan (617) 448-2945
danielsullivan808@verizon.net

Class Schedule Everett

<p>Week 1/Orientation Monday April 3rd 6:30-9:00pm 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 Monday April 10th 6:30-9:00pm Class 3 Brain biology and research Therapies Relapse prevention Creative visualization Mindfulness</p>
<p>Week 3 Monday April 17th 6:30-9:00pm Experiences and Inspiration with Expressive Digital Imagery</p>	<p>Week 4 Monday April 24th 6:30-9:00pm Class 4 Storytelling- sharing of personal experiences Mindfulness</p>
<p>Week 5 Monday May 1st 6:30-9:00pm Class 5 Information and discussion about: Schizophrenia Depression Bipolar Schizoaffective Disorder BPD Relapse prevention Mindfulness</p>	<p>Week 6 Monday May 8th 6:30-9:00pm Class 6 Information and discussion about: Anxiety Panic Attacks OCD PTSD Relapse prevention Dual Diagnosis Substance use The role of acceptance in recovery Mindfulness</p>
<p>Week 7 Monday May 15th 6:30-9:00pm Class 7 Understanding emotions Relapse prevention Focusing on experiences of joy Spirituality Physical health and mental health Mindfulness</p>	<p>Week 8 Monday May 22nd 6:30-9:00pm Experiences and Inspiration with Expressive Digital Imagery</p>
<p>Week 9 Monday June 5th 6:30-9:00pm 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 Monday June 12th 6:30-9:00pm 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 Monday June 19th 6:30-9:00pm 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>	