

Peer-to-Peer

A WHOLE NEW WAY TO WORK ON YOUR RECOVERY!

Classes start Thursday October 12th, 2017 6:00-8:30pm

at Arbour Counseling Services 157 Green St, Jamaica Plain, MA 02130

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 express 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.

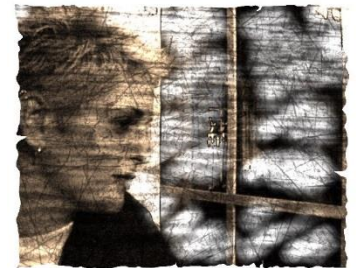
*If you do not have a mobile device you will be able to borrow one.

I felt so connected to the others in the class. I learned so much. I feel much more confident about the future.



Sucked In

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



I was able to open up about my experience. I found this very freeing especially as I was able to do it in a safe, accepting environment.

For more information and to register please contact

Stella Stewart (617) 442-7837
sstewart@northsuffolk.org or

Louray Barton (617) 849-1250
louraybarton@gmail.com

Class Schedule Jamaica Plain

Please note: If the Boston Public Schools are closed because of a weather emergency there will be no class that day.

<p>Week 1/Orientation Thursday October 12th 6:00 – 8:30pm 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 Thursday October 19th 6:00-8:30pm Class 3 Brain biology and research Therapies Relapse prevention Creative visualization Mindfulness</p>
<p>Week 3 Thursday October 26th 6:00-8:30pm Experiences and Inspiration with Expressive Digital Imagery</p>	<p>Week 4 Thursday November 2nd 6:00-8:30pm Class 4 Storytelling- sharing of personal experiences Mindfulness</p>
<p>Week 5 Thursday November 9th 6:00-8:30pm Class 5 Information and discussion about: Schizophrenia Depression Bipolar Schizoaffective Disorder BPD Relapse prevention Mindfulness</p>	<p>Week 6 Thursday November 16th 6:00-8:30pm 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 Thursday November 30th 6:00-8:30pm Class 7 Understanding emotions Relapse prevention Focusing on experiences of joy Spirituality Physical health and mental health Mindfulness</p>	<p>Week 8 Thursday December 7th 6:00-8:30pm Experiences and Inspiration with Expressive Digital Imagery</p>
<p>Week 9 Thursday December 14th 6:00-8:30pm 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 Thursday December 21st 6:00-8:30pm 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 Thursday January 4th 6:00-8:30pm 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>	