



Peer-to-Peer is coming to Jamaica Plain A WHOLE NEW WAY TO WORK ON YOUR RECOVERY!

Classes start Thursday April 13th, 2017 6:30-9:00pm

at Boston Multicultural Independent Living Center 329 Centre St, Jamaica Plain

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.

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



Acknowledging the hidden secret of mental illness in my family. And loving NAMI for encouraging me to express that. 😊



Out of the bushes and into the light. THANK YOU GOD!!!

I greatly enjoyed learning the EDI app! It was a creative way to express myself and encourage self-exploration.



For more information and to register please contact
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Class Schedule Jamaica Plain

<p>Week 1/Orientation Thursday April 13th 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 Thursday April 20th 6:30-9:00pm Class 3 Brain biology and research Therapies Relapse prevention Creative visualization Mindfulness</p>
<p>Week 3 Thursday April 27th 6:30-9:00pm Experiences and Inspiration with Expressive Digital Imagery</p>	<p>Week 4 Thursday May 4th 6:30-9:00pm Class 4 Storytelling- sharing of personal experiences Mindfulness</p>
<p>Week 5 Thursday May 11th 6:30-9:00pm Class 5 Information and discussion about: Schizophrenia Depression Bipolar Schizoaffective Disorder BPD Relapse prevention Mindfulness</p>	<p>Week 6 Thursday May 18th 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 Thursday May 25th 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 Thursday June 1st 6:30-9:00pm Experiences and Inspiration with Expressive Digital Imagery</p>
<p>Week 9 Thursday June 8th 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 Thursday June 15th 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 Thursday 22nd 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>	