

A WHOLE NEW WAY TO WORK ON YOUR RECOVERY!

Spring classes

Everett: Starts Monday April 3 rd 6:30-9:00pm	Whidden Hospital, Williams Auditorium 103 Garland St. Everett, MA, 02149	Merlyn Snyder (857) 891-0471 merlynsnyder60@gmail.com Daniel Sullivan (617) 448-2945 danielsullivan808@verizon.net
Everett: Clases comienzan el martes 11 de abril 6:30-9:00pm	Whidden Hospital, en el Williams Auditorium 103 Garland St. Everett, MA, 02149	Jacqueline Martinez 781-656-5618 jacquelinemartinez2@hotmail.com
Jamaica Plain: Starts Tuesday April 13 th 6:30-9:00pm	Boston Multicultural Independent Living Center 329 Centre St, Jamaica Plain	Stella Stewart 617-442-7837 sstewart@northsuffolk.org Louray Barton 617-849-1250 louraybarton@gmail.com
Haverhill: Starts Tuesday May 9 th 2:00-4:30pm	Breakfast Café 695 S Main St, Haverhill, MA 01835	Amy Tee 978-228-5335 amytee@comcast.net
Worcester: Starts June 2 nd Fridays 10-12:30	TBA	Judi Maguire 617-580-8541 jmaguire@namimass.org e-mail preferred
Concord TBA	TBA	

NAMI Peer-to-Peer is a non-12-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.

- 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
- You'll draw a map of your recovery and explore relapse prevention
- You'll build connections
- You'll share your story using words and images

at my illness while I was surrounded by those in recovery. It was very enlightening".



For more information please contact
Judi Maguire 617-580-8541
jmaguire@namimass.org e-mail preferred

My Own Path
 It Only Needs To Make Sense To Me
mental illness in my family. And loving NAMI for encouraging me to express that.