NAMI Peer-to-Peer

National Alliance on Mental Illness

A UNIQUE PATH TO RECOVERY
Spring/Summer 2018 program

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

BOSTON

Classes start Thursday April 26th 2:00-4:30pm

125 Nashua Street, Boston (behind North Station)

BOSTON

Classes start Thursday June 28th, 2018 6:30-9:00pm

at NAMI Massachusetts Suite 1M17, Schrafft's Center, 529 Main Street, Boston 02129 (Close to Sullivan Square T and buses)

Participation in a NAMI Peer-to-Peer (P2P) class is a prerequisite for training as a (P2P) teacher. NAMI Massachusetts is strongly committed to bringing Peer recovery education and support to minority communities and cultures. We encourage persons from minority communities to participate in this program with ultimate goal of bringing our programs to your community – to better serve all those in Massachusetts who are concerned with their mental health, addiction or total wellness.

NAMI Massachusetts

National Alliance on Mental Illness

For more information and to register please call (617) 580-8541

Judi Maguire

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What is Peer-to-Peer?

NAMI Peer-to-Peer is a free10-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 and 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.

*If you do not have a mobile device you will be able to borrow one.. **Information will be posted as soon as it is available

CLASSES ALSO STARTING IN FRAMINGHAM, SOMERVILLE AND BEVERLY**

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