

"Sometimes our light goes out, but is blown again into instant flame by an encounter with another human being."



Train to teach Peer-to-Peer

Saturday February 9th & Sunday February 10th 2019



8:30 – 5:00 pm
Schrafft's Center Suite 1M17
529 Main Street Boston MA 02129



What is Peer-to-Peer?

NAMI Peer-to-Peer is a free 8-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, participants are empowered and invited to share their own stories and the coping tools that have worked for them.

Peer-to-Peer is Transforming – help others to discover:

- Community
- Decision making
- The way forward
- The power of friendship and healthy relationships
- Goal setting
- The Dimensions of Wellness
- Relapse Prevention
- Self-Acceptance and understanding
- Their own vision statement

We are looking for people who:

- Have taken a Peer-to-Peer class
- Are in recovery from a mental health issue
- Have facilitated a support group
- Can use a computer
- Are able to create a sense of safety and not pass judgement
- Can follow a structured model that encourages participants to share their experiences to help others in the group
- Able to commit to an eight-week teaching program once or twice per year

**For more information
please contact
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