



**Central Mass  
Classes Fridays  
8:30 am – 10:30 am  
May 6 – June 24  
18 attendee max.  
Register here:  
<https://forms.office.com/r/KUZxRTsvSn>**

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



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

**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 - giving you the tools for:**

- Self-Discovery
- Self-Care
- Finding Community
- Making Decisions
- Moving Forward
- Making Friends
- Building Healthy relationships
- Setting Goals
- Understanding the Dimensions of Wellness
- Directing Care
- Relapse Prevention
- Gaining Confidence
- Relaxation
- Empowerment
- Self-Acceptance and Understanding
- Understanding the power of I-statements



**Create your own:**

- Vision Statement
- SMART goals
- Recovery Workbook
- Support Networks
- Awareness Grid
- Crisis Plan

***Wellness is "A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential."***

**FOR MORE INFORMATION  
PLEASE CONTACT**  
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or go online to  
[www.namimass.org](http://www.namimass.org)