



**Southeastern Mass
Classes Wednesdays
2:00 pm - 4:00 pm
May 11th - June 29th.
18 attendee max
Register here:
<https://forms.office.com/r/uXF9gQrsna>**

***"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**
Jay at jlapin@namimass.org
or go online to
www.namimass.org