

“I want to see what happens if I don’t give up.”



NAMI Peer-to-Peer

Now in Lawrence

**Starts Monday February 4th
6:30 – 9:00pm**

Point After Club

**15 Union Street, 4th Floor
Lawrence, MA 01840**



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:



(after taking Peer-to-Peer)
“I communicate better, I’m more calm in stressful situations and feel mentally better to deal with my depression”

Create your own:

- Vision Statement
- SMART goals
- Recovery Workbook
- Support Networks
- Awareness Grid
- Crisis Plan
- Self-Discovery
- Self-Care
- Finding Community
- Making Decisions
- Moving Forward
- Making Friends
- Building Healthy relationships
- Setting Goals
- Dimensions of Wellness
- Directing Care
- Relapse Prevention
- Gaining Confidence
- Relaxation
- Empowerment
- Self-Acceptance and Understanding
- I-statements

“I have set goals for myself including vocational and better self-care. Writing my recovery story was helpful and a significant step towards working as a peer. I signed up for more training. My class leaders were very accepting, supportive and open”

**For more information
please contact**

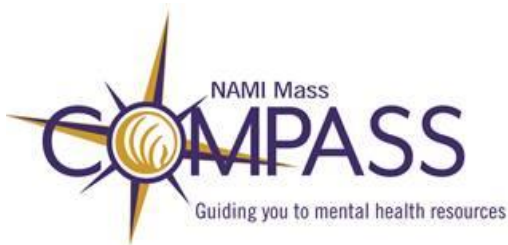
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NAMI Peer to Peer Class Schedule – Lawrence Point After Club

<p>Week 1 Monday February 4th 6:30-9:00pm Getting Started – Mental Health and Recovery: Exploring different viewpoints of mental health and recovery. Creating a personal vision statement.</p>	<p>Week 2 Monday February 11th 6:30-9:00pm The Brain and the Body: Learning about the relationship between mental health and overall physical health. Understanding the impact of the environment and the brain on mental health conditions. SMART goals.</p>
<p>Week 3 Monday February 25th 6:30-9:00pm Telling My Story: Sharing personal stories. Exploring the benefits and limitations of mental health diagnoses.</p>	<p>Week 4 Monday March 4th 6:30-9:00pm Strengthening Relationships: Building connections with others. Improving communication skills.</p>
<p>Week 5 Monday March 11th 6:30-9:00pm Growing Support Networks: Building a nurturing a circle of support</p>	<p>Week 6 Monday March 18th 6:30-9:00pm Tools for Enhancing Recovery: Responding to stress effectively. Learning about different types of therapies and medications. Looking more closely at goals.</p>
<p>Monday March 25th 6:30-9:00pm My Story, My Strengths: Understanding personal stories in a new way. Preparing for conversations with mental health providers.</p>	<p>Week 8 Monday April 1st 6:30-9:00pm Moving Forward: Revisiting personal visions. Planning next steps.</p>



Navigating the mental healthcare system can be complicated—we help individuals and families affected by mental health issues find their way. Common questions and topics include:

- Where to find **support**
- How to access **treatment**
- **Employment** issues
- **Legal** rights & processes
- **Housing** programs
- Managing **financial** stress
- And much more!

The NAMI Mass Compass is operated by trained peers and family members. Navigators are available to answer a wide range of questions and refer to NAMI support & education programs and other community resources.

Please call us at (617) 704-NAMI (6264) or toll free, (800) 370-9085 Monday-Friday 9am to 5pm

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