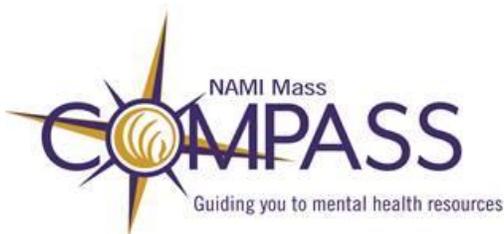


NAMI Peer to Peer Class Schedule

<p>Week 1 Getting Started – Mental Health and Recovery: Exploring different viewpoints of mental health and recovery. Creating a personal vision statement.</p>	<p>Week 2 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 Telling My Story: Sharing personal stories. Exploring the benefits and limitations of mental health diagnoses.</p>	<p>Week 4 Strengthening Relationships: Building connections with others. Improving communication skills.</p>
<p>Week 5 Growing Support Networks: Building a nurturing a circle of support</p>	<p>Week 6 Tools for Enhancing Recovery: Responding to stress effectively. Learning about different types of therapies and medications. Looking more closely at goals.</p>
<p>Week 7 My Story, My Strengths: Understanding personal stories in a new way. Preparing for conversations with mental health providers.</p>	<p>Week 8 Class 8 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

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



NAMI Peer-to-Peer

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:



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

- 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

Create your own:

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

**For more information
please contact
Judi Maguire
jmaguire@namimass.org
617-580-8541**

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. “