"I want to see what happens if I don't give up."

NAMI Boston
National Alliance on Mental Illness
Education, Support & Advocacy

NAMI
National Alliance on Mental Illness

Peer-to-Peer

REGISTER NOW

At Washington BeechApartments
Starts Monday
December 2nd 2019
6:30 – 8:30pm

Community Room
4560 Washington Street
Roslindale MA 02131

SafeZONE

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 and self-care
- Finding Community
- Setting Goals and Making Decisions
- Making Friends
- Building Healthy relationships
- Working towards wellness
- Self-Directed Care
- Relapse Prevention and Relaxation
- Gaining confidence and moving forward
- Empowerment
- Self-Acceptance and Understanding

Create your own:

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

"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
STELLA STEWART
617-652-6812
sms_stella@hotmail.com

October 2019

NAMI Peer to Peer Class Schedule – Roslindale

Week 1 **Monday December 2nd 6:30-8:30pm** Getting Started – Mental Health and Recovery: Exploring different viewpoints of mental health and recovery. Creating a personal vision statement.	Week 2 **Monday December 9th 6:30-8:30pm** 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.
Week 3 **Monday December 16th 6:30-8:30pm** Telling My Story: Sharing personal stories. Exploring the benefits and limitations of mental health diagnoses.	Week 4 **Monday December 23rd 6:30-8:30pm** Strengthening Relationships: Building connections with others. Improving communication skills.
Week 5 **Monday December 30th 6:30-8:30pm** Growing Support Networks: Building a nurturing a circle of support	Week 6 **Monday January 6th 6:30-8:30pm** Tools for Enhancing Recovery: Responding to stress effectively. Learning about different types of therapies and medications. Looking more closely at goals.
Week 7 **Monday January 13th 6:30-8:30pm** My Story, My Strengths: Understanding personal stories in a new way. Preparing for conversations with mental health providers.	Week 8 **Monday January 13th 6:30-8:30pm** Moving Forward: Revisiting personal visions. Planning next steps.

NAMI Mass COMPASS
Guiding you to mental health resources

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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