



Are you

THRIVING IN YOUR RECOVERY

using best practices?

Are you currently living with any of the following?

- SCHIZOPHRENIA
- BIPOLAR DISORDER
- PSYCHOSIS NOS
- MAJOR DEPRESSION
- ANXIETY DISORDER
- CO-OCCURRING BRAIN AND ADDICTIVE DISORDERS
- BORDERLINE PERSONALITY DISORDER
- PANIC DISORDER
- OBSESSIVE COMPULSIVE DISORDER (OCD)
- POST-TRAUMATIC STRESS DISORDER

THIS COURSE will discuss a variety of mental health conditions and cover: stigma, discrimination, relapse prevention planning, thoughts feelings, sleep, telling your story, addictions, coping strategies, decision-making, relationships, advance-health-care directive, empowerment and advocacy.

WHAT

Free program that includes presentation, discussion and interactive exercises. This course is for adults who wish to improve in their wellness. The program's intent is recovery growth for any individual with a mental health and/or substance use condition. Come experience the NAMI difference in peer recovery.

The course is taught by a team of NAMI instructors that have successfully completed NAMI's premier certification in Peer-to-Peer instructor training and who are managing their health well and are far along in their recovery journey.

WHERE

Lake Tahoe Community College
1 College Way, South Lake Tahoe, CA

(room information will be provided with your registration)

Co-Instructors / Facilitators: Charlotte W. and Michael T.

WHEN

The class meets weekly for five consecutive SATURDAYS —

March 24, March 31, April 7, April 14 and April 21 from 9 a.m. until 2 p.m.

20 hours of training. Registrants are asked to attend all 5 Saturdays as seats are limited.

Meals and snacks are included.

All NAMI classes are at NO COST to participants.



REGISTER EARLY - SEATS ARE LIMITED.

A WHOLE NEW WAY TO WORK ON YOUR RECOVERY!

Call Jeanne 650.740.5776

f2fnami@gmail.com

www.nami.org



“

NAMI Peer-to-Peer made me feel I was not alone in coping with co-occurring mental health and addiction. It gave me hope that I could recover and that my life would not always be filled with chaos, and it gave me positive role models to inspire me to strive for recuperation and success in life.”



“

NAMI Peer-to-Peer has empowered me to maximize my recovery by learning to balance my mental health with the rest of my life. by engaging in recovery, I am able to thrive in my personal life and community volunteerism”

Materials for you to keep: Participants come away from the course with a binder of copy-righted hand-out materials, as well as many other tangible resources: an advance directive; a ‘relapse prevention plan’ to help identify tell-tale feelings, thoughts, behavior or events that may warn of impending relapse and to organize for intervention. Mindfulness exercises to help focus and calm thinking; and survival skills for working with providers and the general public.



National Alliance on Mental Illness

nami | El Dorado County