



National Alliance on Mental Illness

# Peer-to-Peer

REGISTER  
NOW!



FIRST BAPTIST CHURCH  
IN BEVERLY



National Alliance on Mental Illness

NAMI Massachusetts

## A UNIQUE PATH TO WELLNESS

Starting Wednesday May 9th 6:30-9:00pm

First Baptist Church in Beverly, 221 Cabot Street, Beverly

### What is Peer-to-Peer?

NAMI Peer-to-Peer is a free 11-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 and participants are empowered and invited to share their own stories and the coping tools that have worked for them.

### Peer-to-Peer is DBT and Mindfulness

1. You'll learn how to focus on the present
2. You'll learn how to relax
3. You'll learn how to make decisions
4. You'll learn how to recognize the effects of emotions on actions

### Peer-to-Peer is Brainstorming

You'll be able to talk about the ways that you have experienced events in your life. You'll develop new coping skills. You'll draw a map of your recovery and explore relapse prevention

### Peer-to-Peer builds connections

Our class members bond through their shared experiences, their communalities and their creativity. Lifelong friendships are made.

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



Cut Short



Claridad confusa 🌈

### Peer-to-Peer is an easy 'app'

Enhancing the Peer-to-Peer experience is the interweaving of discussion and learning with the creation of images that reflect the past, present and future of every person in the class. Using a simple App, you'll be able to create imagery on mobile devices helping you to express your thoughts and feelings. The app takes a few minutes to learn and the results always look great.

### Peer-to-Peer is storytelling

Participants tell their stories to each other using words and the images they create. Some participants find that they can express in pictures, what they find hard to share in words.

For more information and to register please contact

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# NAMI Peer to Peer Class Schedule

## Class Schedule Beverly

<b>Week 1/Orientation Wednesday May 9<sup>th</sup> 6:30-9:00pm</b> Welcome, Introductions, Orientation, Questions and answers Icebreaker Ground rules Discussion on course values The experience of trauma Stages of recovery Stigma Culture Mindfulness	<b>Week 2 Wednesday May 16<sup>th</sup> 6:30-9:00pm</b> Brain biology and research Therapies Relapse prevention Creative visualization Mindfulness
<b>Week 3 Wednesday May 23<sup>rd</sup> 6:30-9:00pm</b> Experiences and Inspiration with Expressive Digital Imagery	<b>Week 4 Wednesday Wednesday May 30<sup>th</sup> 6:30-9:00pm</b> Storytelling- sharing of personal experiences Mindfulness
<b>Week 5 Wednesday June 6<sup>th</sup> 6:30-9:00pm</b> Information and discussion about: Schizophrenia Depression Bipolar Schizoaffective Disorder BPD Relapse prevention Mindfulness	<b>Week 6 Week 8 Wednesday June 13<sup>th</sup> 6:30-9:00pm</b> Information and discussion about: Anxiety Panic Attacks OCD PTSD Relapse prevention Dual Diagnosis Substance use The role of acceptance in recovery Mindfulness
<b>Week 7 Wednesday June 20<sup>th</sup> 6:30-9:00pm</b> Understanding emotions Relapse prevention Focusing on experiences of joy Spirituality Physical health and mental health Mindfulness	<b>Week 10 Wednesday June 27<sup>th</sup> 6:30-9:00pm</b> Experiences and Inspiration with Expressive Digital Imagery
<b>Week 9 Wednesday July 13<sup>th</sup> 6:30-9:00pm</b> What to do when you or someone you know may be contemplating harming themselves Coming out of isolation Do I disclose? Take home tool for making difficult decisions Surviving a hospital stay Advance directive for mental healthcare decision making, Mindfulness	<b>Class 9 Wednesday July 20<sup>th</sup> 6:30-9:00pm</b> Guest speaker Hot buttons and triggers Working with Providers Advance directives continued Incarceration- survival and preparedness Mindfulness
<b>Week 11 Wednesday July 27<sup>th</sup> 6:30-9:00pm</b> Another look at stages of recovery, Empowerment, Advocacy, Opportunities for involvement with NAMI, Mindfulness, Evaluations, Celebration Storytelling with your images Graduation - Bring your friends!	