

Whole  
Health

Learning

**REGISTER  
NOW  
PLACES ARE  
LIMITED!**



**NAMI Peer-to-Peer**

National Alliance on Mental Illness

**ONLINE**

**Starts June 15th 5:30 – 7:30**

**ONLINE**

**Starts June 17th 2:00 – 4:00**

### 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.

### Create your own:

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

### Peer-to-Peer is Transforming - giving you the tools for:

- 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



**NAMI Massachusetts**

National Alliance on Mental Illness

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**Please register by June 10<sup>th</sup>**

**<https://namimass.org/nami-peer-to-peer/>**