

Is a FREE 10 session class for adults living with mental health challenges. Information on various aspects of mental health and recovery are taught by trained NAMI “Mentors” who have also experienced mental health challenges and are living in recovery.

Participants come away from the course with a binder of 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.

The course provides:

- current information about the major mental illnesses and the most current research available on the biological aspects of these illnesses
- the most current information on the possibilities for living in recovery, including a variety of treatment strategies currently available
- specific skills training in the areas of problem solving, listening, communication techniques and handling crises and relapse
- guidance on locating appropriate supports and services and tips on advocating for those supports and services.

Attend with your peers in a confidential setting.

Class begins Monday September 23, 2013 at 6:30 pm

Fr. Dominic Epifanio Parish Center at Holy Rosary Parish
85 Jerome Avenue, South Beach
Accessible to public transportation

Classes are limited so contact us to reserve your place

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Phone: (718) 477-1700

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“This course has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery I did not know about before taking NAMI Peer-to-Peer”

“What really stood out for me (in NAMI Peer-to-Peer) was the fact that there was a way to live with mental illness and that it is a disorder and not something I did wrong.”