



ARBOUR-HRI
HOSPITAL

A Division Of Arbour Health System



nami Peer-to-Peer
National Alliance on Mental Illness



nami
National Alliance on Mental Illness
Massachusetts

Peer-to-Peer is coming to Brookline A UNIQUE PATH TO WELLNESS

Starting Wednesday November 29th 6:00 – 8:30 (schedule overleaf)

Arbour-HRI Hospital, 227 Babcock Street, Brookline, MA 02446

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

- You'll learn how to focus on the present
- You'll learn how to relax
- You'll learn how to make decisions
- 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 commonalities and their creativity. Lifelong friendships are made.

If you do not have a mobile device you will be able to borrow one.

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



Destruction continued



All the rage

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 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.



Love coming back into focus, uncertain but no longer adrift.

For more information and to register please contact

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Walk of faith...

Class Schedule Brookline

<p>Week 1/Orientation Wednesday November 29th 6:00 - 8:30pm Classes 1 and 2 Welcome, Introductions, Orientation, Questions and answers Icebreaker Ground rules Discussion on course values The experience of trauma Stages of recovery Stigma Culture Mindfulness</p>	<p>Week 2 Wednesday December 6th 6:00 - 8:30pm Class 3 Brain biology and research Therapies Relapse prevention Creative visualization Mindfulness</p>
<p>Week 3 Wednesday December 13th 6:00 - 8:30pm Experiences and Inspiration with Expressive Digital Imagery</p>	<p>Week 4 Wednesday December 20th 6:00 - 8:30pm Class 4 Storytelling- sharing of personal experiences Mindfulness</p>
<p>Week 5 Wednesday December 27th 6:00 - 8:30pm Class 5 Information and discussion about: Schizophrenia Depression Bipolar Schizoaffective Disorder BPD Relapse prevention Mindfulness</p>	<p>Week 6 Wednesday January 10th 6:00 - 8:30pm Class 6 Information and discussion about: Anxiety Panic Attacks OCD PTSD Relapse prevention Dual Diagnosis Substance use The role of acceptance in recovery Mindfulness</p>
<p>Week 7 Wednesday January 17th 6:00 - 8:30pm Class 7 Understanding emotions Relapse prevention Focusing on experiences of joy Spirituality Physical health and mental health Mindfulness</p>	<p>Week 8 Wednesday January 24th 6:00 - 8:30pm Experiences and Inspiration with Expressive Digital Imagery</p>
<p>Week 9 Wednesday January 31st 6:00 - 8:30pm Class 8 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</p>	<p>Week 10 Wednesday February 7th 6:00 - 8:30pm Class 9 Guest speaker Hot buttons and triggers Working with Providers Advance directives continued Incarceration- survival and preparedness Mindfulness</p>
<p style="text-align: center;">Week 11 Wednesday February 14th 6:00 - 8:30pm Class 10 Another look at stages of recovery, Empowerment, Advocacy, Opportunities for involvement with NAMI, Mindfulness, Evaluations, Celebration Storytelling with your images Graduation - Bring your friends!</p>	