

Are you living with mental health challenges?
Finally, a FREE class just for you.

PEER-TO-PEER – FALL 2017

A unique ten-week class that allows participants living with any serious mental illness to explore mental health issues, learn about the major brain disorders and brain function, and develop coping skills from people like you. Socialize with others who have experienced similar challenges.

“This course has literally been a lifesaver. It opened my eyes to better understanding my illness and methods of recovery I did not know about before.”



Class begins

Thursday nights September 14, 2017 thru November 16, 2017

5:30 – 7:30 pm

480 East 13th Street, Merced (middle building, side entrance)

To register call 209-789-NAMI (6264) or go to

<https://www.eventbrite.com/e/peer-to-peer-fall-2017-tickets-36084378347>

NAMI PEER-TO-PEER EDUCATION CLASS SCHEDULE

<u>September 14, 2017</u>	<u>September 21, 2017</u>
Introduces participants to NAMI, the course structure and contents, and to each other.	Creates ground rules, emphasizes class values, and introduces key concepts.
<u>September 28, 2017</u>	<u>October 5, 2017</u>
Provides basic information about brain functioning and brain research. Stresses the concept that mental illnesses have a biological component, and in doing so, removes the burden of shame and blame.	Offers participants the opportunity to share lived experiences in an atmosphere of safety and support.
<u>October 12, 2017</u>	<u>October 19, 2017</u>
Provides basic information on schizophrenia, depression, bipolar disorder, schizo-affective disorder, and borderline personality disorder.	Provides basic information on generalized anxiety disorder, panic disorder, obsessive-compulsive disorder, and post-traumatic stress disorder. Dual diagnosis is also covered here.
<u>October 26, 2017</u>	<u>November 2, 2017</u>
Strengthens coping skills. Emphasizes the importance of self-awareness and self-knowledge. Introduces a constellation of emotions and the urges associated with them.	Provides information and resources on suicide and prevention; helps participants feel safe discussing this sensitive topic; and provides support around the issue. Emphasizes the importance of peer support in recovery. Provides a tool for making difficult decisions.
<u>November 9, 2017</u>	<u>November 16, 2017</u>
Exposes participants to the family's perspective on mental illness. Examines the value of family and peer support in recovery. And examines the elements of positive patient/provider relationships.	Provides a sense of closure for the course, graduation, and celebration!



“What really stood out for me was the fact that there is a way to live with mental illness and that it is a brain disorder and not something I did.”

Please note: Facilitators are not counselors and do not recommend health care providers, treatment programs, or medications. However, they will direct participants to mental health resources available throughout Merced County.