

*Peer-to-Peer is a **FREE** & unique, experiential learning program for people living with a serious mental illness who are interested in establishing and maintaining their wellness and recovery.*

What Do Participants Learn?

- *How to prevent relapse*
- *How to improve quality of life*
- *Coping skills*
- *Exercises to calm thinking*
- *Skills for working with providers & the public*
- *How to protect your interests*

Need more information?

Call NAMI Urban LA
Phone (323) 294-7814

Email:

hturner@namiurbanla.org



Registration & Pre-Screening Required!

10 sessions

Ongoing Registration

NAMI Urban Los Angeles
4305 Degnan Blvd., Suite 104
Los Angeles, CA 90008

REGISTER TODAY!!!
(323) 294-7814

Curriculum

- CLASS 1: Welcome, Introductions, Orientation, Questions and answers
- CLASS 2: Icebreaker, Ground rules, Discussion on course values, Mental illnesses as traumatic experiences, Consumer stages of recovery, Stigma, Culture, Mindfulness
- CLASS 3: "It's not my fault"- mental illnesses as no blame disorders, Brain biology and research, Challenges and benefits of medication, Relapse prevention, Creative visualization, Mindfulness
- CLASS 4: Story telling- sharing of personal experiences, Mindfulness
- CLASS 5: Information and discussion about: Schizophrenia, Major Depressive Disorder, Bipolar Disorder, Schizoaffective Disorder, Borderline Personality Disorder, Relapse prevention, Mindfulness
- CLASS 6: Information and discussion about: Generalized Anxiety Disorder, Panic Disorder, Obsessive Compulsive Disorder, Post Traumatic Stress Disorder, Dual Diagnosis, Relapse prevention, Substance abuse and prevention, The role of acceptance in recovery, Mindfulness
- CLASS 7: Understanding emotions, Relapse prevention, Focusing on experiences of joy, Spirituality, Physical health and mental health, Mindfulness
- CLASS 8: What to do when you or someone you know may be contemplating suicide, Coming out of isolation, Mental illness and disclosure, Take home tool for making difficult decisions, Surviving a hospital stay, Advance directive for mental healthcare decision making, Mindfulness
- CLASS 9: Guest speaker, Hot buttons and triggers, Working with Providers, Advance directives continued, Incarceration-survival and preparedness, Mindfulness
- CLASS 10: Another look at consumer stages of recovery, Empowerment, Advocacy, Opportunities for involvement with NAMI, Mindfulness, Evaluations, Celebration