



# Peer-To-Peer

## Educational Program

NAMI Peer-to-Peer is a free, 10-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery.

Taught by a trained team of people who've been there, the program includes presentations, discussion and interactive exercises. Everything is confidential, and NAMI never recommends a specific medical therapy or treatment approach.

### What You'll Gain

This in-person group experience provides the opportunity for mutual support and positive impact. You can experience compassion and reinforcement from people who relate to your experiences. Through your participation, you have the opportunity to help others grow. This is a confidential place to learn from shared experiences in an environment of sincere, uncritical acceptance. Recovery is a journey, and there is hope for all people living with mental illness.

NAMI Peer-to-Peer helps you:

- Create a personalized relapse prevention plan
- Learn how to interact with health care providers
- Develop confidence for making decisions and reducing stress
- Stay up-to-date on mental health research
- Understand the impact of symptoms on your life
- Access practical resources on how to maintain your journey toward recovery

### What People Are Saying

"NAMI Peer-to-Peer has allowed me to take the focus off my illness and learn to balance it with the rest of my life. By engaging in recovery I am able to be more relaxed and productive both at work and home."

"It made me feel I was not alone in coping with mental illness. It gave me hope that I could recover and that my life would not always be filled with chaos, and it gave me positive role models to inspire me to strive for recuperation and success in life."

Starting Date: Oct 12, 2017

Time: 6:30-8:30 pm

Place: Red Cross Building

1700 Cedar St, Rockledge, FL

**To register, please contact:**

**Aurora: email : [aurora777@peoplepc.com](mailto:aurora777@peoplepc.com) or (321) 453-4462 [skittles@cfl.rr.com](mailto:skittles@cfl.rr.com)**