

PEER-TO-PEER EDUCATION COURSE

The NAMI Peer-To-Peer Education Course is a **free, 9-week course** on the topic of recovery for any person with serious mental illness who is interested in establishing and maintaining wellness.

- The Course is taught by trained teams of three “mentors” (peer-teachers)
- All instruction and course material are free to class participants
- Each class contains a combination of lecture and interactive exercise material and closes with Mindfulness Practice (techniques offered to develop and expand awareness)
- Each class builds on the one before: attendance each week for about 2-hours, therefore, is required

Peer-to-Peer Class Topic List:

- Week 1:** 1) Introductions; 2) Stigma, Discrimination, Trauma; 3) Begin Relapse Prevention Planning; 4) Mindfulness
- Week 2:** 1) Schizophrenia, Bipolar Disorder, Depression, Borderline Personality Disorder; 2) Thoughts, Feelings, Sleep; 3) Continue Relapse Prevention Planning; 4) Mindfulness
- Week 3:** 1) Panic Disorder, Post Traumatic Stress Disorder, Obsessive Compulsive Disorder; 2) Senses, Behavior; 3) Continue Relapse Prevention Planning; 4) Mindfulness
- Week 4:** 1) Story Telling
- Week 5:** 1) Language, Emotions, Personal Mayhem; 2) Continue Relapse Prevention Planning; 3) Mindfulness
- Week 6:** 1) Addictions, Spirituality, Why Medicate? Physical Health; 2) Complete Relapse Prevention Plans; 3) Mindfulness
- Week 7:** 1) "Real World" Coping Strategies; 2) Staying Safe, Begin Advance Directive, Cultural Questions; 3) Mindfulness
- Week 8:** 1) Family Guest Speaker; 2) Relationships, Allies, "Hot Buttons"; 3) Keeping Safe, Continue Advance Directive; 4) Mindfulness
- Week 9:** 1) Empowerment, Advocacy; 2) "Complete" Advance Directive
3) Evaluation; 4) Closing Mindfulness

**For information on this program or when and where it is offered, please contact:
NAMI at (850) 671-4445 or www.namifl.org**