



Peer-to-Peer is a series of ten 2 hour classes that focus on how to live with mental illness. Classes are led by a team of 3 trained mentors who have experienced mental illness.

Each participant will be given a binder with class materials. Participants will learn about:

- “relapse prevention plan” to help identify tell-tale feelings, thoughts, behavior, or events that may warn of impending relapse and to organize for intervention
- mindfulness exercises to help focus and calm thinking
- survival skills for working with providers and the general public
- an advance directive

Begins February 14, 2012
Pembroke 3, Suite 140
289 Independence Blvd
5:30 to 7:30 pm

There is NO COST for these classes. Registration is necessary.

Please call Kay Ashby
at 285-8362 to register.