



Peer-to-Peer is a series of nine 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

Classes start
Thursday, April 1, 2010
The Harbour at Lynnhaven Center
1045 Lynnhaven Parkway
Left entrance
Time: 6:45 p.m. – 8:45 p.m.

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

**Please call Connie Hollands
at 385-0801 to register.**