

Peer to Peer Education Class

We are taking reservations for the next class which will be starting on March 2nd from 6 pm-8 pm at the Hope Center at 720 Wood St in Eureka, Ca.

It is a 9 week course, led by trained peer NAMI mentors. It is open to anyone who lives with a serious mental illness. It is highly interactive, very informative and includes additional take-home materials for participants. Peer to Peer emphasizes recovery from mental illness as a feasible, supportable goal and challenges the stigma often wrongly associated with mental illness. It is currently available through many NAMI affiliates. Learn more about Peer-to Peer at www.nami.org/peertopper. 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 is strongly recommended.

Week One: Introductions, Stigma, Discrimination, Trauma, Begin Relapse Prevention Planning, Mindfulness

Week Two: Schizophrenia, Bipolar Disorder, Depression, Borderline Personality Disorder Thoughts, Feelings, Sleep, Continue Relapse Prevention Planning, Mindfulness

Week Three: Panic Disorder, Post Traumatic Stress Disorder, Obsessive Compulsive Disorder Senses, Behavior, Continue Relapse Prevention Planning, Mindfulness

Week Four: Story Telling

Week Five: Language, Emotions, Personal Mayhem, Continue Relapse Prevention Planning, Mindfulness

Week Six: Addictions, Spirituality, Why Medicate? Physical Health, Complete Relapse Prevention Planning, Mindfulness

Week Seven: "Real World" Coping Strategies, Staying Safe, Begin Advance Directive, Cultural Questions, Mindfulness

Week Eight: Family Guest Speaker, Relationships, Allies, "Hot Buttons", Keeping Safe, Continue Advance Directive, Mindfulness

Week Nine: Empowerment, Advocacy, "Complete" Advance Directive, Evaluation, closing Mindfulness

Please contact Kellie Jack at 707-834-6923 (not after 9PM) for more information.

