



## PEER-TO-PEER

### NAMI PEER TO PEER RECOVERY EDUCATION PROGRAM FREE EDUCATION AND SUPPORT FOR PEERS REGARDING MENTAL ILLNESS Starts Saturday, June 9<sup>th</sup> at 10:00am

NAMI Temecula Valley's experiential learning program, *Peer-to-Peer* Recovery Education, is a **10-week** program for anyone with a diagnosis who is interested in achieving and maintaining wellness. The course is taught by trained mentors who are personally experienced at living well with their mental illness and patterned after an evidence-based recovery model.

Topics include:

- *Anxiety & Panic Disorders*
- *Bipolar Disorder, Major Depression, OCD, Borderline Personality Disorder*
- *Schizophrenia & Schizoaffective Disorder*
- *Addictive Disorders & Co-Occurring Brain Disorders*
- *Advanced Directive, Recovery Relapse Prevention Plan*
- *Finding Hope & Purpose in Our Lives*
- *Discover Who We Are and Who We Are Meant to Be*

The **NAMI Peer-to-Peer Recovery Education Program** is appropriate for peers with a mental health diagnosis. **Pre-Registration is required. Dates and times for the next class is still being determined.**

There is no charge for the course; however, registration is required as class size is limited.

**June 9<sup>th</sup> Saturday 10:00am**

The course will be held at: **Temecula Adult Mental Health Clinic, 40925 County Center Dr., Temecula, CA 92591**

If you are interested in attending the **NAMI Peer-to-Peer Recovery Education Program**  
**Please contact Erika: 949-874-5482**

***Recovery is possible. You are not alone.***