



**PEER-TO-PEER**

## **NAMI PEER TO PEER RECOVERY EDUCATION PROGRAM**

**FREE EDUCATION AND SUPPORT FOR PEERS REGARDING MENTAL ILLNESS**

**January 10, 2019**

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.

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

**The course will be held every Thursday  
Classes will be held from 6:30pm to 8:30pm**

The course will be held at:

**Temecula Mental Health Adult Services  
40925 County Center Dr., 2<sup>nd</sup> floor  
Temecula, CA 92591**

If you are interested in attending the **NAMI Peer-to-Peer Recovery Education Program**

**Please contact:**

**Josh: 951-440-1298**

**Cindy: 951-440-2021**

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