



NAMI Peer-to-Peer is a recovery-focused educational program for adults who wish to establish and maintain wellness in response to mental health challenges. The course provides critical information and strategies related to living with mental illness.

What You Should Expect

Ten two-hour sessions, free of charge.
Designed for individuals (18 and over) living with mental illness.
Taught by a trained team of individuals living in recovery from mental illness.
Incorporates presentations, discussion and exercises.

Begins and Ends

*September 5, 2014
November 7, 2014
Time
1:00pm to 3:00pm*



Class held at

*BayCare Behavioral Health
Veterans Resource Ctr.
6819 Massachusetts Ave.
New Port Richey, FL*

Why You Should Attend

A toolkit of information

Up-to-date research on brain biology.
Mental illness symptoms and their relationship to personal experiences.
Personalized relapse prevention plan.
Tools to prepare for interactions with health care providers.
Skills for making decisions and reducing stress.



Register by calling (727) 992-9653 leave message and mentor will return call.