



Peer-to-Peer Education Program

This NAMI signature program is a nine-week, two hours per week education course centered on the topic of recovery. It is for any person with serious mental illness who is interested in establishing and maintaining wellness.

This inspirational class is offered at no cost to participants!

The course combines lecture, interactive exercises and structured group processes. Diversity of experiences among course participants results in a lively dynamic.

BASIC OVERVIEW OF TOPICS COVERED:

- WEEK 1: Introductions, Stigma, Discrimination - Begin RELAPSE PREVENTION CHARTS**
- WEEK 2: Schizophrenia, Bipolar Disorder, Depression – Thoughts, Feelings, Sleep – Relapse Prevention**
- WEEK 3: Panic Disorder, Obsessive Compulsive Disorder, Senses, Behavior – Relapse Prevention**
- WEEK 4: Story Telling**
- WEEK 5: Language, Emotions, Relapse Prevention**
- WEEK 6: Addictions, Spirituality, Medication, Complete Relapse Prevention Charts**
- WEEK 7: Coping Strategies, Decisions**
- WEEK 8: Relationships, Advance Directives**
- WEEK 9: Empowerment, Advocacy, Advance Directives, Evaluation of Course**

WHO SHOULD ATTEND?

This course is designed to offer an opportunity for growth to any individual who experiences mental illness.

CLASSES FILL QUICKLY!

Call today to register for the next Peer-to-Peer Education Program!

DOVER: (302) 744-9356
REHOBOTH: (302) 226-3334
WILMINGTON: (302) 427-0787
STATEWIDE TOLL FREE: (888) 427-2643

You Are Not Alone!