

PEER TO PEER CLASS

EVERY TUESDAY / OCT. 11 - NOV. 29 / 6:00 - 8:30 P.M.

TOPEKA & SHAWNEE COUNTY LIBRARY

NAMI Peer-to-Peer is a FREE, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Individuals may have anxiety, depression, OCD, ADHD, bipolar, PTSD or other mental health conditions.

Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. However, as with all NAMI programs, it does not include recommendations for treatment approaches.

YOU WILL GAIN

NAMI PEER-TO-PEER IS A SAFE, CONFIDENTIAL SPACE. THE COURSE PROVIDES AN OPPORTUNITY FOR MUTUAL SUPPORT AND GROWTH. EXPERIENCE COMPASSION AND UNDERSTANDING FROM PEOPLE WHO RELATE TO YOUR EXPERIENCES. THIS IS A PLACE TO LEARN MORE ABOUT RECOVERY IN AN ACCEPTING ENVIRONMENT.

NAMI PEER TO PEER HELPS YOU

SET A VISION AND GOALS FOR THE FUTURE
PARTNER WITH HEALTH CARE PROVIDERS
DEVELOP CONFIDENCE FOR MAKING DECISIONS
PRACTICE RELAXATION AND STRESS REDUCTION TOOLS
SHARE YOUR STORY
STRENGTHEN RELATIONSHIPS
ENHANCE COMMUNICATION SKILLS
LEARN ABOUT MENTAL HEALTH TREATMENT OPTIONS

I've learned how to communicate with my parents about what's going on with me"

"I am now aware that I'm not alone. I'd like to become more involved in NAMI and advocacy.

WHAT PEOPLE ARE SAYING

"NAMI Peer-to-Peer gave me hope when I was close to giving up. I realized that things can and do get better and that my mental health condition doesn't define me. I learned how to speak up for myself, build a strong support network, and make plans for my future. I felt welcome and like I was among friends. Most importantly, I felt heard and understood."

"It was really nice being with people who understand."

"I've really learned how to cope with my triggers better, and I'm now on the path to truly loving myself."

Due to limited space, Registration to attend is required.

Registration cutoff is October 1, 2022

**To Register, Call 785-580-3021
or email jharvey216@gmail.com**