

Are you living with mental health challenges?  
Finally, a FREE class just for you.

## PEER-TO-PEER & CONNECTION GROUP

### Fall 2018

A unique support group to socialize with others who have experienced similar challenges. A safe place to share your experiences, your concerns and successes, and most of all be accepted for who you are while exploring mental health issues, learning about the major brain disorders, brain function, and develop coping skills from people like you.

“This course has literally been a lifesaver. It opened my eyes to better understanding my illness and methods of recovery I did not know about before.”



*Thursday nights September 13, 2018 thru November 15, 2018  
5:30 – 7:30 pm  
480 East 13th Street, Merced (middle building, side entrance)*

# Skills & Information Learned

Brain functioning Brain research Brain Biology Specific disorder information such as Schizophrenia, Depression, Bipolar disorder, Borderline, PTSD, OCD, Panic Disorder, Dual Diagnosis
Strengthens coping skills. Emphasizes the importance of self-awareness and self-knowledge. Introduces a constellation of emotions and the urges associated with them. Suicide prevention & support Importance of peer support in recovery Family perspectives Building positive relationships



“What really stood out for me was the fact that there is a way to live with mental illness and that it is a brain disorder and not something I did.”

Please note: Facilitators are not counselors and do not recommend health care providers, treatment programs, or medications. However, they will direct participants to mental health resources available throughout Merced County.