

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

## PEER-TO-PEER

A unique ten-week class that allows participants living with any serious mental illness to explore mental health issues, learn about the major brain disorders and brain function, and develop coping skills from people like you. Socialize with others who have experienced similar challenges.

“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.”



*Class begins*

*Thursday nights in the Spring & Fall*

*5:30 – 7:30 pm*

*480 East 13th Street, Merced (middle building, side entrance)*

***To register call 209-789-NAMI (6264) or go to***

***[www.namimerced.org](http://www.namimerced.org)***

# NAMI PEER-TO-PEER EDUCATION CLASS SCHEDULE

<p style="text-align: center;"><b><u>Class One</u></b></p> <p>Introduces participants to NAMI, the course structure and contents, and to each other.</p>	<p style="text-align: center;"><b><u>Class Two</u></b></p> <p>Creates ground rules, emphasizes class values, and introduces key concepts.</p>
<p style="text-align: center;"><b><u>Class Three</u></b></p> <p>Provides basic information about brain functioning and brain research. Stresses the concept that mental illnesses have a biological component, and in doing so, removes the burden of shame and blame.</p>	<p style="text-align: center;"><b><u>Class Four</u></b></p> <p>Offers participants the opportunity to share lived experiences in an atmosphere of safety and support.</p>
<p style="text-align: center;"><b><u>Class Five</u></b></p> <p>Provides basic information on schizophrenia, depression, bipolar disorder, schizo-affective disorder, and borderline personality disorder.</p>	<p style="text-align: center;"><b><u>Class Six</u></b></p> <p>Provides basic information on generalized anxiety disorder, panic disorder, obsessive-compulsive disorder, and post-traumatic stress disorder. Dual diagnosis is also covered here.</p>
<p style="text-align: center;"><b><u>Class Seven</u></b></p> <p>Strengthens coping skills. Emphasizes the importance of self-awareness and self-knowledge. Introduces a constellation of emotions and the urges associated with them.</p>	<p style="text-align: center;"><b><u>Class Eight</u></b></p> <p>Provides information and resources on suicide and prevention; helps participants feel safe discussing this sensitive topic; and provides support around the issue. Emphasizes the importance of peer support in recovery. Provides a tool for making difficult decisions.</p>
<p style="text-align: center;"><b><u>Class Nine</u></b></p> <p>Exposes participants to the family’s perspective on mental illness. Examines the value of family and peer support in recovery. And examines the elements of positive patient/provider relationships.</p>	<p style="text-align: center;"><b><u>Class Ten</u></b></p> <p>Provides a sense of closure for the course, graduation, and celebration!</p>



“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.