



SPRING 2011 CLASS—FREE 10-WEEK COURSE

SPONSORED BY NAMI PINELLAS COUNTY

Peer-to-Peer is a unique, experiential learning program for individuals with a serious mental illness who are interested in establishing and maintaining their wellness and recovery.

APRIL 13th – JUNE 15th
WEDNESDAYS 1:30 -- 4:00 P.M.

at

THE PEACE MAKERS DEN
1325 4th Street North--ST. PETERSBURG

PRE-REGISTRATION REQUIRED
CALL CONSUMER COUNCIL--727-709-2611

- Focus on consumers, taught by trained peers who are personally experienced at living well with mental illness
- Current information about chronic mental illnesses & medication
- Relapse prevention plan development--Strategies for handling crises
- Survival skills for working with providers and the general public
- Mindfulness exercises to help focus and calm thinking
- Advocacy and support information