

FREE Peer-to-Peer Recovery Education Course Winter 2019

Motto: 'Sincere Uncritical Acceptance'



Being diagnosed with a mental health condition can be an anxious, life-changing experience.
Recovery = Learning to Live Well

"The course presented a very powerful message. I am impressed with the entire curriculum. It included a lot of different tools for recovery while allowing for choice, which is important to me."

Peer-to-Peer Participant

"I loved the class! It was really the first time I admitted to myself that my obsessive-compulsive disorder is a mental illness. It took courage to come to class, but I came every week. I am glad I did."

Peer-to-Peer Participant

Pre-registration is required



Date: Saturdays: Jan. 12th – Mar. 2nd, 2019

Time: 10:00am to 12:00pm

Location: Providence Portland Medical Center

**Exact location given at time of registration.
To register and for more information, please
call: 503-228-5692**

About Peer-to-Peer (pre-registration is required)

- ❖ Meets for two-hour sessions once per week for 8 weeks
- ❖ **Free**
- ❖ Taught by trained NAMI peer mentors who have their own lived experience with mental illness.
- ❖ Occurs in a relaxed, confidential setting

What you will gain by taking Peer-to-Peer

- ❖ Share experiences with peers who are also working on their recovery
- ❖ Gain further understanding about mental health
- ❖ Gain knowledge and skills to help cope with difficult circumstances
- ❖ Learn to identify feelings, thoughts, behaviors and events that can cause a possible relapse
- ❖ Learn how to actively participate in your treatment plan
- ❖ Learn how to strengthen interpersonal relationships
- ❖ Experience new hope and inspiration in regard to recovery

**Join the thousands of people
who have gained information, insight, understanding and empowerment!**

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