



**Peer-to-Peer** is an 8-class, recovery oriented program for individuals living with a mental illness. This program offers support, education, and the tools needed for those wanting to learn to live well. **Offered at no cost. Course topics include:**

- Mental Health and Recovery
- The Brain and Body: Learning about the overall relationship between mental health and physical health
- Telling My Story: Sharing personal stories, exploring the benefits and limitations of mental health diagnoses
- Strengthening Relationships: Building connections with others; improving communication skills
- Growing Support Networks: Building and nurturing a circle of support
- Tools for Enhancing Recovery: Responding to stress; learning about different types of therapies and medications
- My Story, My Strengths: Understanding personal stories in a new way
- Moving Forward: Revisiting personal visions, planning next steps

For information or to register,  
contact the Program Coordinator

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