

# Recovery: Learning to Live Well



The NAMI *Peer-to-Peer* education course provides a full approach to recovery for people with mental illness who are interested in achieving and maintaining wellness.

The course is taught by trained peer mentors who are successfully managing their own conditions. The course uses a combination of lecture, interactive exercises, and structured processes offered in a confidential setting.

- Share experiences with peers who also are working toward recovery
- Gain further insight into mental illness
- Gain knowledge of how to manage and cope with circumstances
- Learn to identify feelings, thoughts, behaviors, and events that can result in a possible relapse
- Learn how to be an active participant in a treatment plan
- Learn how to strengthen interpersonal relationships

The nine week course is offered free of charge, and meets for a two-hour session weekly.

Visit [www.nami.org/peertopeer](http://www.nami.org/peertopeer), phone the NAMI HelpLine at 1 (800) 950-NAMI (6264), or e-mail [info@nami.org](mailto:info@nami.org)

## NAMI Kern County

2001-28th Street Bakersfield, CA 93301

For further information on class dates and venue

Call Amy at (661)247-5426