



NAMI Peer-to-Peer



Central Middlesex

with MyMoments  edi

A UNIQUE PATH TO WELLNESS

Starting Tuesday May 16th 9:30-12:00pm (schedule overleaf)

At the Temple Kerem Shalom 659 Elm St Concord, MA 01742

What is Peer-to-Peer?

NAMI Peer-to-Peer is a free 11-week recovery-focused educational program for adults who wish to establish and maintain their wellness. Great value is placed on the individual experiences of each person in the class and participants are empowered and invited to share their own stories and the coping tools that have worked for them.

Peer-to-Peer is DBT and Mindfulness

1. You'll learn how to focus on the present
2. You'll learn how to relax
3. You'll learn how to make decisions
4. You'll learn how to recognize the effects of emotions on actions

Peer-to-Peer is Brainstorming

You'll be able to talk about the ways that you have experienced events in your life. You'll develop new coping skills. You'll draw a map of your recovery and explore relapse prevention

Peer-to-Peer builds connections

Our class members bond through their shared experiences, their communalities and their creativity. Lifelong friendships are made.

"This was the first time I really looked at my life while I was surrounded by those in recovery. It was very enlightening".



Recovery makes you feel warm and full of hope

Peer-to-Peer is an easy 'app'

Enhancing the Peer-to-Peer experience is the interweaving of discussion and learning with the creation of images that reflect the past, present and future of every person in the class. Using a simple App, you'll be able to create imagery on mobile devices* helping you to thoughts and feelings. The app takes a few minutes to learn and the results always look great.

Peer-to-Peer is storytelling

Participants tell their stories to each other using words and the images they create. Some participants find that they can express in pictures, what they find hard to share in words.



For more information and to register please contact

Kristin 978-590-5107 sunshineerrandsma@gmail.com

Judy 781-982-3318 Nami.cmsx@gmail.com