

PEER TO PEER

Classes begin Saturday, April 11 from 10-12
at Transitions, 784 High St., San Luis Obispo



**“This is the first thing I should have done for
myself after I got my diagnosis!” ~ Peer to Peer graduate**

NAMI's Peer to Peer Education Program, sponsored by Transitions-Mental Health Association, is a 10-week psychoeducational course that will help you learn how to live WITH your mental illness, as opposed to living IN and being trapped by your mental illness. Some topics this course covers are: a general overview of some of the more common mental illnesses, mindfulness training (teaching us how to focus on the here and now), and how to avoid a relapse.

Classes are FREE but you have to register!

Call Jessica at 805-540-6576

Transitions-Mental Health Association



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