

## **Free Peer-to-Peer Class**

(The class meets once a week for 8 consecutive weeks.)

Mondays starting March 18th through May 6th, 2019

6:00 PM – 8:00 PM

Stark State – Main Campus

North Canton

Student Services Building

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Saturdays starting April 27th through June 15th, 2019

2:00 PM – 4:00 PM

Heartland Behavioral Healthcare

3000 South Erie St

Massillon, OH 44646

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Thursdays starting May 2nd through June 20th, 2019

6:00 PM – 8:00 PM

Jackson Mercy Medical Center

7337 Caritas Circle NW

Massillon, OH 44646

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Peer-to-Peer is a FREE eight-week education program designed to foster learning, healing, and empowerment among adults with mental health issues. This course, sponsored by Stark County's National Alliance on Mental Illness, is taught by trained mentors who live with a mental health diagnosis who are successfully managing their own conditions.

Peer-to-Peer is an evidence-based course taught by NAMI affiliates all over the U.S. The goal is to provide participants with comprehensive information on mental illness, including:

- Gaining further insight by learning about the brain, how doctors determine what a mental illness is, the symptoms of each illness (especially what sets them apart and makes their diagnoses similar to each other)
- Learning strategies to gain personal and interpersonal awareness
- Learning various coping skills and other effective paths to getting and staying well
- Sharing experiences with peers (only if they want, as no one is ever forced to speak) through various discussions and a relaxed week devoted to voicing their lived experience
- Learning how to manage and cope with mental health circumstances
- Learning how to be an active participant in any treatment plan
- Much more!!!

There is a monetary stipend given to participants for attendance and free refreshments are available. There is no charge for the course, but pre-registration is required.

To learn more, or to register for the class, call (330) 455-6264.