Peer to Peer Recovery Education Courses List

Peer to Peer is a FREE educational course for any individual (18 years and older) living with a serious mental illness who is interested in establishing their wellness and recovery. **Each class is two hours in length and continues for ten consecutive weeks.** The course is taught by two trained “mentors” who are themselves experienced at living well with mental illness.

**Course Topics Include**
- Relapse Prevention Planning
- Brain Biology and Research
- Discussion of DSM IV Diagnostic criteria for most major mental illnesses
- Triggers, Disclosure to family and friends, Communication, Hospitals Stays, Incarceration, Working with Providers
- Advance Directive, Empowerment, Advocacy
- Storytelling
- Suicide and Prevention
- Mindfulness exercises
- Guest speakers

Interested? Have questions? Call our Family & Peer Support Helpline and register today!
1-619-543-1434 or 1-800-523-5933

<table>
<thead>
<tr>
<th>Language</th>
<th>Course Dates/Times</th>
<th>Time</th>
<th>Location</th>
<th>Region</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>August 1-October 3, 2013 (Thursday’s)</td>
<td>6:00pm-8:00pm</td>
<td>Rock Church 2277 Rosecrans Street San Diego, CA 92106 (Room 253)</td>
<td>Central</td>
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<tr>
<td>Spanish</td>
<td>August 21-October 23, 2013 (Wednesday’s)</td>
<td>5:30pm 7:30pm</td>
<td>County of San Diego Health and Human Services Agency South Region Center 690 Oxford Street Chula Vista, CA 91911 (Rooms 1 &amp; 2)</td>
<td>South</td>
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<tr>
<td>English</td>
<td>September 3-November 5, 2013 (Tuesday’s)</td>
<td>1:00pm-3:00pm</td>
<td>Pilgrim United Church of Christ 2020 Chestnut Avenue Carlsbad, CA 92008 (Please call 760-722-3754 to register at this location)</td>
<td>North Coastal</td>
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<tr>
<td>English</td>
<td>October 1-December 3, 2013 (Tuesday’s)</td>
<td>2:30pm 4:30pm</td>
<td>Spring Valley Youth &amp; Family Coalition 3845 Spring Drive Spring Valley, CA 91977 (Room 30)</td>
<td>East</td>
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Program funded by MHSA through the County of San Diego HHSA Behavioral Health Division.