



## 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**

Language	Course Dates/Times	Time	Location	Region
English	August 1-October 3, 2013 (Thursday's) <b>(CLOSED. CALL TO BE PLACED ON CLASS WAITLIST)</b>	6:00pm-8:00pm	Rock Church 2277 Rosecrans Street San Diego, CA 92106 <b>(Room 253)</b>	Central
Spanish	August 21-October 23, 2013 (Wednesday's)	5:30pm 7:30pm	County of San Diego Health and Human Services Agency South Region Center 690 Oxford Street Chula Vista, CA 91911 <b>(Rooms 1 &amp; 2)</b>	South
English	September 3-November 5, 2013 (Tuesday's)	1:00pm-3:00pm	Pilgrim United Church of Christ 2020 Chestnut Avenue Carlsbad, CA 92008 <b>(Please call 760-722-3754 to register at this location)</b>	North Coastal
English	October 1-December 3, 2013 (Tuesday's)	2:30pm 4:30pm	Spring Valley Youth & Family Coalition 3845 Spring Drive Spring Valley, CA 91977 <b>(Room 30)</b>	East

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