



Southern Maryland  
presents



**FREE CLASSES ON  
MENTAL ILLNESS,**  
focusing on  
**RECOVERY & WELLNESS**

**NAMI PEER★TO★PEER**

★ ★ ★ ★ ★ **NAMI's Peer-to-Peer Recovery Education Course**

**Topics include:**

Thoughts, Feelings and Emotions  
“Real World” Coping Strategies  
Improving Relationships  
Dealing with Stigma  
Empowerment and Advocacy  
Relapse Prevention  
Advance Directives

**What people have to say  
about  
Peer-to-Peer**

*"Peer-to-Peer teaches in nine weeks what it took me 20 years to figure out for myself."*

*"Very powerful message. I am impressed with the entire class. A LOT of different tools for recovery were part of the class, allowing for CHOICE."*

**Call 410-414-8166 to register**

The course begins April 20<sup>th</sup> and will be held on Mondays from 7-9 pm for nine weeks. Graduation is June 15<sup>th</sup> .

**Location: Calvert Memorial Hospital, Classroom # 1  
100 Hospital Road, Prince Frederick, MD 20678**

For info about this or other NAMI programs, call NAMI SoMD at 301-737-1988 or visit [www.namisomd.org](http://www.namisomd.org) NAMI SoMD is affiliated with the United Way of St. Mary's County.