Topic List

Each NAMI Peer-to-Peer class teaches skills that contribute to mental health and wellness.

**Class 1: Getting Started: Mental Health and Recovery**

Presents a variety of viewpoints on mental health and recovery. Participants create a personal vision statement and practice diaphragmatic breathing.

**Class 2: The Brain and the Body**

Explores how the environment and the brain impact mental health. Participants learn about and create SMART goals.

**Class 3: Telling My Story**

Participants share personal stories, explore the benefits and limitations of mental health diagnoses and practice a progressive relaxation technique.

**Class 4: Strengthening Relationships**

Focuses on relationships and effective communication. Participants practice using “I” statements.

**Class 5: Growing Support Networks**

Explores how to maintain a vibrant social support network. Participants experience a guided visualization activity.

**Class 6: Tools for Enhancing Recovery**

Covers stress management, different types of therapies and medications.

**Class 7: My Story, My Strengths**

Participants reframe personal stories and prepare for conversations with mental health providers. Participants learn and practice a new breathing technique.

**Class 8: Moving Forward**

Participants revisit their personal vision and goals, learn a new problem-solving technique and plan for next steps.