

Recovery Education Course Offered for Adults with Mental Illness

NAMI Appalachian South, the local affiliate of National Alliance on Mental Illness, is offering the nationally recognized and applauded Peer-to-Peer education course on recovery and wellness for adults challenged with a mental illness. This is a 10-week series offering a holistic approach to recovery through a combination of lecture, discussion, interactive exercises and stress-management techniques in a safe, confidential environment of sincere, uncritical acceptance so that each individual can explore their own experiences and make choices concerning their own options.

Living with a mental illness, such as Bipolar Disorder, PTSD, Depression, Substance Use Disorder, OCD and others, is a traumatic, challenging experience that can affect all aspects of life, including work, relationships, family and self-care. This course is an opportunity to share experiences with others, who are also working toward recovery, and to gain insight, knowledge, learn coping techniques, and how to identify signs of possible relapse. While recovery is a unique experience for each individual, sharing experiences can provide support, offer hope, and the reassurance that you are not alone. Participants will create a personalized wellness plan, learn how to interact with health care providers and how to access practical resources on maintaining the journey toward recovery. The course is taught by trained NAMI peer mentors who themselves are in recovery from mental illness and can share their unique coping strategies with others.

The class will meet in Franklin on Wednesdays, 6:30 to 8:30 starting March 7th at Angel Med Center classroom. There is no charge but preregistration is required. Don't delay. Class size is limited. To register or for more information, contact Jennifer (828) 371-5996.

Submitted by,

Ann Nandrea, Secretary (828)369-7385

NAMI Appalachian South

