



Peer Support Training for mental health recovery at Interlink

You can enroll in any of the four classes, but the second (II) classes require either the corresponding I class or the appropriate workshop, offered just before the class begins.

Please call us, or check the web-site, to learn which class will start soon. Advance registration, please.

Peer Support I 8 Weeks, Tues. & Fri. 10:30 a.m. —1:00 p.m.

Recovery Skills I 6 Weeks, Tues. & Fri. 10:30 a.m. —1:00 p.m.

**Peer Support
101 Workshop**

Two sessions, with
homework between

**Recovery Skills
102 Workshop**

Two sessions, with
homework between

Peer Support II 8 Weeks, Tues. & Fri. 10:30 a.m. —1:00 p.m.

Recovery Skills II

6 Weeks, twice weekly, as above, during the first, third and sixth weeks, 10:30 am - 1:00 pm and on Tuesdays only the second, fourth and fifth weeks, when participants will also meet with other supporters.

Interlink Self Help Center
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