

Interlink Presents: Introduction to Peer Support



March's Focus:

“Communication Skills”

Tuesdays from 10:30 am to 1:00 pm
at Interlink Self-Help Center

A new series of classes is being offered at Interlink Self-Help Center based on handouts, videos, research and conversation on a variety of topics. We will be exploring the world of mental health recovery and how our recovery journeys can be of help to others.

Topics will include:

- Listening Skills
- Managing Thoughts, Feelings, and Behaviors
- Feedback and Body Language
- Conflict Resolution
- Limits/Triggers
- Exceptions
- Self-Awareness



For further information please contact Lori Frinzell:
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Sign up in advance, or just show up - all Interlink members are welcome!