

# Interlink Presents: Introduction to Peer Support



## February's Topic: “Active Listening”

Tuesdays and Thursdays from 10:30a.m to 11:30a.m  
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:

- Body Language
- Responding
- Non-Verbal Signs
- Barriers to Active Listening
- Paraphrasing
- Reflecting Feelings
- Clarification
- Summarization



For further information please contact Lori Frinzell:  
(707) 546-4481  
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Sign up in advance, or just show up - all Interlink members are welcome!

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