

# Interlink Presents: Introduction to Peer Support



## April's Topic: “Trauma Informed Care and Feelings”

Tuesdays and Thursdays from 10:30 am to 11:30 am  
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:

- Self-Awareness
- Lived experiences
- Emotions
- Trauma
- Stressors
- Resilience strategies
- Taking action



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

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