

# NEW FREE PROGRAM

## It's My Life: Peer Partners Self Directed Social Exploration

Are you a person diagnosed with a mental illness?  
Come join the fun if you are interested in being connected to the community, making new friends and learning new social skills!

Learn how to communicate better, use listening techniques, building a stronger support system and better connections to your community.

It's My Life Program is a one year peer-led evidence based practice developed by Mental Health America.



**Starting Tuesdays, May 1<sup>st</sup>, 2019 from 3:30-4:30pm**

A small stipend will be provided to help you pursue your social goals

Contact: Dennise Babin at 973-478-4444, ext. 117

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