

## **Round Table Recovery Talks**

Waterville Peer Recovery Center Community Room

M-W-F at 1 pm

Some members of the Waterville Peer Recovery Center expressed that they want to participate in learning about recovery but find the idea of a 2-hour class to be a little overwhelming. Round Table Recovery Talks are less formal than the typical class or group and generally last 30 to 45 minutes. The group focuses on a topic or skill by engaging in interactive discussion with handouts, exercises, and activities.



At this point, the talks are facilitated by Elaine Ecker, the principal creator of NAMI Maine's peer-to-peer education course, *Inspiring Minds: Skills for Balance, Connection & Fresh Perspectives*. Some of the skills and principles of Inspiring Minds will be covered one at a time in the Round Table Recovery Topics, for example:

### Communication:

- Styles of communication
- Central role of feelings & needs in communication
- I-statements
- Reflective listening with empathy

### Boundaries:

- What are boundaries?
- How do boundaries benefit us?
- You may lack boundaries if...
- How to set an effective boundary

### Self-Esteem & Self-Compassion:

- What is healthy self-esteem?
- Ways to build more self-appreciation
- Treating ourselves with compassion

### Mindfulness:

- What is mindfulness and why does it matter?
- Everyday benefits of mindfulness
- How do I become more mindful?