

PEER TO PEER CLASS



LEARN MORE

Free 8 Week Class!

namijax.org/peer-to-peer-class

Experience provides the opportunity for mutual support and positive impact.

- Taught by NAMI-trained volunteers who are peers with lived experience with mental illness
- Experience compassion and reinforcement from people who relate to your experiences

NAMI Peer to Peer helps you:

- Create a personalized relapse prevention plan
- Learn how to interact with health care providers
- Develop confidence for making decisions and reducing stress
- Stay up to date on mental health research
- Understand the impact of symptoms on your life

We ask that you commit to the entire 8 week session to receive the full benefit of the course.



SCAN TO
REGISTER

Please register on our waitlist and you will be contacted with details about the class.