

# PEER TO PEER CLASS



Free 8 Week Class!  
Registration Required.

Virtual Class on Zoom  
January 23– March 13th, 2023  
Mondays 6:30pm–9:00pm

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 and you  
will be contacted to  
confirm your spot in  
the class.**

LEARN MORE

[namijax.org/peer-to-peer-class](https://namijax.org/peer-to-peer-class)