



Thursdays Starting September 10

Peer-to-Peer - is an 8-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. However, as with all NAMI programs, it does not include recommendations for treatment approaches.

Peer-to-Peer is a safe, confidential space. The course provides an opportunity for mutual support and growth. Experience compassion and understanding from people who relate to your experiences. This is a place to learn more about recovery in an accepting environment.

When?

Thursdays

September 10 - October 29

6:00 pm – 8:00 pm

Classes held virtually on zoom.us



What Will You Gain:

- Set a vision and goals for the future
- How to partner with health care providers
- Develop confidence for making decisions
- Practice relaxation and stress reduction tools
- Share your story
- Strengthen relationships
- Enhance communication skills
- Learn about mental health treatment options

Pre-register to see if this class is right for YOU!

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Pre-register @ www.namimchenrycounty.org

You are not alone...find Support & Growth!

Questions? - Contact **Andrea**, abackstrom@namimchenrycounty.org