



LEARN TO LIVE WELL WITH MENTAL WELLNESS

Register at: <https://tinyurl.com/NAMIClasses>

NAMI Peer-to-Peer is a FREE 8-week course taught by trained peer mentors with lived experience.

This class offers people with mental illness tools for establishing and maintaining their wellness and recovery; a "relapse prevention plan"; mindfulness exercises, skills to become active participants in their treatment plans; and tools for strengthening interpersonal relationships.

*** Exact location provided when registration is confirmed.**