

LEARN TO LIVE WELL WITH MENTAL ILLNESS

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

NAMI Peer-to-Peer is a safe, confidential space and provides an opportunity for mutual support and growth. Experience compassion and understanding from people who relate to your experiences. NAMI Peer-to-Peer helps you:

- Set a vision and goals for the future
- 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.

www.tinyurl.com/namiclasses



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