

What is the NAMI Peer-to-Peer Education Program?

NAMI Peer-to-Peer is a FREE 8-session recovery-focused course for adults with mental health conditions. The classes listed below are intended for peers residing outside of the major urban areas in Oregon. More about the class:

- Free and confidential
- Held weekly for two hours
- Led by peers with mental health conditions
- A great resource for information on mental health and recovery
- Offer respect, understanding, encouragement and hope
- Builds on the strength and resilience of participants

NAMI Oregon, the state organization of the National Alliance on Mental Illness, will offer these classes virtually, on zoom, beginning in January, 2021.

To register online, click here: <https://namior.org/p2p-course-registration/>

Which class works best for your schedule (pick one)?

Monday, 6 to 8pm, starting January 11, 2021, **OR**

Saturday, 10am to noon, starting January 16, 2021

For more info about the NAMI Peer-to-Peer course go to:

<https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Peer-to-Peer>

Still have a question? Call or email Jean Duncan at 503-867-1499 / ynotmovin@comcast.net

**Invest in your
mental health &
wellness**

