



## NAMI PEER-TO-PEER

NAMI MULTNOMAH AND THE PRESBYTERIAN URBAN NETWORK ARE EXCITED TO OFFER A *FREE CLASS FOCUSED ON MENTAL HEALTH, WELLNESS, AND RECOVERY FOR ANYONE EXPERIENCING A MENTAL HEALTH CONDITION.*

**DATES: APRIL 6 - MAY 25, 2021**  
**SCHEDULE: TUESDAYS, 1:30 PM - 3:30 PM**  
**LOCATION: ONLINE VIA ZOOM**  
**REGISTER NOW: 503-228-5692**

FOR MORE INFORMATION PLEASE VISIT:  
[WWW.NAMIMULTNOMAH.ORG/PEER-TO-PEER](http://WWW.NAMIMULTNOMAH.ORG/PEER-TO-PEER)

- Share experiences with peers who are also working on their recovery.
- Gain further understanding about mental health.
- Gain knowledge and skills to help cope with difficult circumstances.
- Learn how to actively participate in your treatment plan.
- Learn how to strengthen interpersonal relationships.
- Experience new hope and inspiration in regards to recovery.

