



BLACK & AFRICAN AMERICAN NAMI PEER-TO-PEER CLASS

A FREE CLASS FOCUSED ON MENTAL HEALTH/WELLNESS AND MENTAL RECOVERY FOR ANYONE EXPERIENCING A CHALLENGE.

DATES: FEBRUARY 26- APRIL 16, 2022

SCHEDULE: SATURDAYS, 12:00 PM - 2:00 PM PACIFIC TIME

LOCATION: ONLINE VIA ZOOM

REGISTER NOW: 503-228-5692/ [INFO@NAMIMULTNOMAH.ORG](mailto:info@namimultnomah.org)

FOR MORE INFORMATION PLEASE VISIT:
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.