

# LGBTQIA+ NAMI Peer-to-Peer

We invite you to join our free class focused on mental health, wellness, and recovery for the LGBTQIA+ community. This is the first statewide Peer-to-Peer class offering for LGBTQIA+ folks in Oregon!

**Schedule/Dates: Tuesdays, 6:00 PM - 8:00 PM  
September 15 - November 3, 2020**

**Location: Online via Zoom**

**Register Now: 503-228-5692 or email  
education@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.**