



NAMI PEER-TO-PEER

NAMI MULTNOMAH PRESENTS A *FREE CLASS FOCUSED ON MENTAL HEALTH, WELLNESS, AND RECOVERY FOR ANYONE EXPERIENCING A MENTAL HEALTH CONDITION.*

DATES: JULY 17 - SEPTEMBER 4, 2021

SCHEDULE: SATURDAYS, 10:00 AM - 12:00 PM

LOCATION: ONLINE VIA ZOOM

REGISTER NOW: CALL 503-228-5692

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.