



NAMI PEER-TO-PEER

NAMI MULTNOMAH IS EXCITED TO OFFER A FREE CLASS FOCUSED ON MENTAL HEALTH, WELLNESS, AND RECOVERY FOR ANYONE EXPERIENCING A MENTAL HEALTH CONDITION.

DATES: JULY 5 - AUGUST 23, 2022

SCHEDULE: TUESDAYS, 4:30 PM - 6:30 PM

LOCATION: ONLINE VIA ZOOM

**REGISTER NOW: CALL 503-228-5692 OR EMAIL
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.