

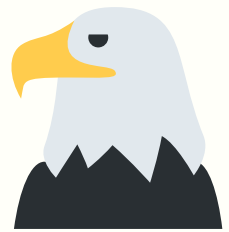


**NAMI VETERAN PEER-TO-PEER**  
*A FREE CLASS FOCUSED ON MENTAL HEALTH, WELLNESS, AND RECOVERY FOR VETERANS & MILITARY SERVICE MEMBERS EXPERIENCING A MENTAL HEALTH CONDITION.*

**DATES: FEBRUARY 1 - MARCH 22, 2022**  
**SCHEDULE: TUESDAYS, 4:30 PM - 6:30 PM**  
**LOCATION: ONLINE VIA ZOOM**

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

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