



## NAMI PEER-TO-PEER

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

**DATES: JANUARY 11 - FEBRUARY 29, 2020**

**SCHEDULE: SATURDAYS AT 10:00 AM - 12:00 PM**

**LOCATION: PROVIDENCE PORTLAND**

**REGISTER NOW: 503-228-5692**

**CAN'T MAKE THIS CLASS?**

**CLASSES BEGIN IN WINTER, SPRING, SUMMER, AND FALL.  
ALL YOU HAVE TO DO IS CALL 503-228-5692 TO REGISTER!**

**FOR MORE INFORMATION PLEASE VISIT:**

**[WWW.NAMIMULTNOMAH.ORG/PEER-TO-PEER](http://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.



NAMI Multnomah

[namimultnomah.org](http://namimultnomah.org) | 503-228-5692 | [info@namimultnomah.org](mailto:info@namimultnomah.org)