



Are you a Veteran living with a mental health challenge?

NAMI Veteran Only Peer-to-Peer Course

- **FREE** recovery/wellness education course and materials
- Open to **Veterans of All Eras** experiencing a mental health challenge
- 2 hours each week for 8 weeks
- Taught by trained NAMI peer leaders

September 20 through November 8, 2018

2 p.m. to 4 p.m.

Portland VA Medical Center

To register call NAMI Multnomah at (503)228-5692

Topics include . . .

- PTSD, Bipolar Disorder, Depression, Anxiety, Schizophrenia and more . . .
- Basics of brain biology and medications
- Identifying and writing individual goals
- Assessing, building social and support systems
- Early warning signs related to stressful events

P2P is an introduction on mental health recovery/wellness providing coping skills and information. Participants will share the wisdom of their lived experiences ; receive and give support in a safe and confidential setting. Recovery/wellness is a journey.

Whether you are at the start of your journey or have had years of experience, you can benefit from this course.

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Portland Health Care System