



## Are you a Veteran living with a mental health challenge?

Offered at the Portland VA Medical Center!

### 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



#### 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



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



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.



***Class dates: April 18 through June 6, 2019.***

***Class day: Thursdays Time: 3 pm - 5 pm***

***CLASS WILL BE HELD at the Portland VA Medical Center.***

Registration required: call NAMI Multnomah at **(503) 228-5692.**

Location of class to be provided when you register

