

## 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: June 20 through August 15, 2019***

***Class day: Thursdays - Time: 2 pm - 4 pm***

***CLASS WILL BE HELD in NE Portland***

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

Location of class to be provided when you register

