

"The teaching facilitators were excellent. There was much support in the classroom."

"I'm more focused."

"This class added more knowledge so I feel encouraged."

-NAMI Peer-to-Peer Participants



National Alliance on Mental Illness

nami Peer-to-Peer A FREE Peer Education Program

**YOU ARE
NOT
ALONE**

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI St. Tammany and its dedicated volunteers work tirelessly to provide essential education, advocacy, support and resources for people living with mental illness in our community and for their families.

What should I expect?

- Open to adults living with mental health conditions.
- Guided by peers who successfully manage their own recovery and wellness.
- Includes presentations, interactive activities and group discussions.
- Meets for ten weekly sessions.

Why should I attend?

- Find support in a sincere, confidential setting.
- Create personalized recovery and relapse prevention plans.
- Improve coping and problem solving skills.
- Learn about community resources.
- Become your own advocate.

Begins Wednesday, February 21, 2018

Registration is required and space is limited.

To register for this program or for more information on mental health resources and support, please contact



National Alliance on Mental Illness

nami St. Tammany

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