

## What is the NAMI Peer-to-Peer Education Program?

NAMI Peer-to-Peer is an 8-session recovery-focused course for adults with mental health conditions.

- Free and confidential
- Held weekly for two hours
- Led by peers with mental health conditions
- A great resource for information on mental health and recovery
- Offers respect, understanding, encouragement and hope
- Builds on the strength and resilience of participants

NAMI Central Oregon, the local organization of the National Alliance on Mental Illness, will offer NAMI Peer-to-Peer June 7<sup>th</sup> to July 26<sup>th</sup>. Peer-to-Peer will be held on Wednesdays from 5:30 to 7:30 pm at First Presbyterian Bend and online via Zoom.



### Participant Perspectives

“NAMI Peer-to-Peer is uplifting, life-saving and an eye-opening experience that changed how I see myself.”

“The biggest thing I gained from this class was to become my own advocate and best friend.”

“Seeing my peers’ strength and dedication to their recovery was personally meaningful.”

**Contact us to register for NAMI Peer-to-Peer!**



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### 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 Central Oregon is an affiliate of NAMI Oregon. NAMI Central Oregon and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy, and support group programs for people in our community living with mental illness and their loved ones.