



BLACK & AFRICAN AMERICAN NAMI PEER-TO-PEER CLASS

A FREE CLASS FOCUSED ON MENTAL HEALTH/WELLNESS AND MENTAL RECOVERY FOR ANYONE EXPERIENCING A CHALLENGE.

DATES: FEBRUARY 27- APRIL 17, 2021
SCHEDULE: SATURDAYS, 10:00 AM - 12:00 PM PT
LOCATION: ONLINE VIA ZOOM
REGISTER NOW: 503-228-5692

FOR MORE INFORMATION PLEASE VISIT:
WWW.NAMIMULTNOMAH.ORG/PEER-TO-PEER

- Share experiences with peers who are also working on their recovery.
- Gain further understanding about mental health.
- Gain knowledge and skills to help cope with difficult circumstances.
- Learn how to actively participate in your treatment plan.
- Learn how to strengthen interpersonal relationships.
- Experience new hope and inspiration in regards to recovery.