



NAMI PEER-TO-PEER

NAMI MULTNOMAH IS EXCITED TO OFFER A FREE EIGHT-WEEK CLASS FOCUSED ON MENTAL HEALTH, WELLNESS, AND RECOVERY FOR ANYONE EXPERIENCING A MENTAL HEALTH CONDITION.

DATES: OCTOBER 1ST - NOVEMBER 19TH, 2022

SCHEDULE: SATURDAYS, 10 AM - 12 PM

LOCATION: ONLINE VIA ZOOM

[CLICK HERE TO REGISTER](#)

- 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.

NAMI Multnomah

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