



nami

National Alliance on Mental Illness

BIPOC

Peer-to-Peer

NAMI BIPOC Peer-to-Peer is an eight-week class for folks who identify as Black, Indigenous, and/or a Person of Color (BIPOC) and also living with a mental health condition.

- Share experiences with peers who are also working on their mental health
- Learn from trained volunteers who have navigated their own mental health journeys
- Develop the skills and resources to advocate for yourself and actively participate in your treatment plan
- Experience new hope and inspiration for your own journey towards wellness

Register now for our upcoming Class!

Dates: October 7th - December 2nd, 2023

Schedule: Saturdays, 10:00 AM - 12:00 PM PST*

**Skips November 25th because of Thanksgiving*

Format: Online via Zoom

Register online at

tinyurl.com/Fall23BIPOCP2P, call the NAMI

Multnomah HelpLine at

503-228-5692, or scan here →



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