



nami

Peer-to-Peer

National Alliance on Mental Illness

NAMI Peer-to-Peer is an eight-week class for people 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 4th - November 29th, 2023*

Schedule: Wednesdays, 6:30 PM - 8:30 PM PST

**Skips November 22nd because of Thanksgiving*

Format: Online via Zoom

Register online at

<https://tinyurl.com/Fall23P2P>, call the

NAMI Multnomah HelpLine at

503-228-5692, or scan here →



nami | **Multnomah**

National Alliance on Mental Illness