

NAMI Peer-to-Peer is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. However, as with all NAMI programs, it does not include recommendations for treatment approaches.

What You'll Gain

NAMI Peer-to-Peer is a safe, confidential space. The course provides an opportunity for mutual support, growth, experience, compassion, and understanding from people who relate to your experiences. This is a place to learn more about recovery in an accepting environment.

NAMI Peer-to-Peer Helps You:

- Set a vision and goals for the future
- Partner with healthcare providers
- Develop confidence in making decisions
- Practice relaxation and stress reduction tools
- Share your story
- Strengthen relationships
- Enhance communication skills
- Learn about mental health treatment options



WHERE:

Virtual via Zoom

WHEN:

Saturdays from 9 am - 11 am
November 4th - December 23rd

To Register:

Contact Courtney at
president@namisoutheastcolorado.org

"NAMI Peer-to-Peer gave me hope when I was close to giving up. I realized that things can and do get better and that my mental health condition doesn't define me. I learned how to speak up for myself, build a strong support network and make plans for my future. I felt welcome and like I was among friends. Most importantly, I felt heard and understood."