

## What is the NAMI Peer-to-Peer Education Program?

NAMI Peer-to-Peer is a free, 10-session course for adults living with mental health challenges. NAMI Peer-to-Peer provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope. The NAMI Peer-to-Peer education program is:

- Free and confidential
- Held {once} a week for two hours
- Taught by trained Peer Mentors living in recovery themselves
- A great resource for information on mental health and recovery

NAMI Havasu, the local organization of the National Alliance on Mental Illness, will offer NAMI's Peer-to-Peer Education Training early after New Year's, 2018. *Space will be limited—participants will be received on "first come, first served" basis.* Please call today: Pat Scheel 928 716-7418, Joyce Grabowski 651 280-9485, for information.



### Participant Perspectives

"This course has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery I did not know about before taking NAMI Peer-to-Peer."

"Since taking the course I have gained employment and committed to my recovery."

"NAMI Peer-to-Peer gave me a better understanding of the mental illness I have and how to manage it."

Contact us to register for this NAMI Peer-to-Peer mentor training

Chaplain Joy Smith, President  
songsofsoul@aol.com

Joyce Grabowski, Vice President

Steering Committee:

Pat Scheel, Tom George, Deanna Pepe.

### About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI {Affiliate Name} is an affiliate of NAMI {State}. NAMI {Affiliate Name} and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.