

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

NAMI Peer-to-Peer is a free, 8-session course for adults living with mental health conditions. 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 and a half hours
- Taught by trained Peer Mentors living in recovery themselves
- A great resource for information on mental health and recovery

NAMI Berks County PA will offer its NAMI Peer-to-Peer Education Program beginning **Wednesday, May 1<sup>st</sup>**, from 6:00-8:30pm in the Reading area. **Class will meet each Wednesday from May 1<sup>st</sup> to June 19<sup>th</sup>. Location provided with registration.**



### 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 class!**



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### 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 Berks County PA is an affiliate of NAMI Keystone. NAMI Berks County PA 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.