

NAMI Peer-to-Peer is a free, 10-session course for adults living with mental health challenges. NAMI Peer-to-Peer takes place in a setting focused on recovery that offers respect, understanding, encouragement, and hope. The NAMI Peer-to-Peer education program is taught by trained peer mentors living in recovery themselves.

Where: Greenville, SC

When: Tuesdays from 6:30 to 8:30 p.m. beginning Tuesday September 12, 2017 and ending November 14, 2017

Cost: FREE, all materials provided

Topics:

- Creating a personalized relapse prevention plan
- How to interact with health care providers
- Developing confidence in decisions and reducing stress
- Staying up-to-date with mental health research
- Understanding brain biology
- Knowing the impact of symptoms on your life
- Accessing practical resources for maintaining your recovery journey

Contact us to register for this NAMI Peer-to-Peer class!