

NAMI Peer-to-Peer Education Program is a free, 8-week educational class for adults with mental health conditions who are looking to better understand themselves and their recovery.

About Peer-to-Peer:

- Mutual support and growth
- Compassion and Understanding
- Taught by trained **NAMI** peer leaders
- Occurs in a safe, relaxed, confidential setting
- Activities, discussions, and informative videos
- Learn about recovery in an accepting environment
- Meets for two-hour sessions once a week for 8 weeks

Class Topics

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

**Classes meet EVERY Thursday on Zoom for 8 weeks.
Must attend all Sessions!**

Dates: Thursdays, March 24th, 2022 – May 12th, 2022

Time: 3:00 pm - 5:00 pm

Location: Zoom

Class offered by NAMI Mid-Hudson

Pre-Registration Required: Space is limited.

To register please contact: **NAMI Mid-Hudson**
845-206-9892 or contact@namimidhudson.org

For more information please visit: www.namimidhudson.org

