

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

NAMI Peer-to-Peer is an 8-session recovery-focused course for adults with mental health conditions.

- Free and confidential
- Held weekly for two hours
- Led by peers with mental health conditions
- A great resource for information on mental health and recovery
- Offers respect, understanding, encouragement and hope
- Builds on the strength and resilience of participants

NAMI Mid-Hudson, the local organization of the National Alliance on Mental Illness, offers NAMI Peer-to-Peer Education Program. For more information please call 845-206-9892.



Participant Perspectives

“NAMI Peer-to-Peer is uplifting, life-saving and an eye-opening experience that changed how I see myself.”

“The biggest thing I gained from this class was to become my own advocate and best friend.”

“Seeing my peers’ strength and dedication to their recovery was personally meaningful.”

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



NAMI Mid-Hudson
845-206-9892
(Please leave message)

www.namimidhudson.org

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 living with a mental health condition. NAMI Mid-Hudson is an affiliate of NAMI NYS. NAMI Mid-Hudson 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 a mental health condition and their loved ones.

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, July 11th, 2024 – August 29th, 2024**

Time: **4:00 pm - 6:00 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**

