

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 offers NAMI Peer-to-Peer free of charge to participants beginning **Tuesday, July 11th, 2023.**

It will be held on **Tuesdays from 1:00-3:00 pm** at The Human Services Building at 246 Northland Dr, Medina, Ohio.



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 at (216)875-7776 to register for NAMI Peer-to-Peer!

 **nami** Medina County
National Alliance on Mental Illness

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