

Bipolar Disorder...
PTSD... Depression...
Anxiety...
Schizophrenia...

You are not alone.



PEER TO PEER EDUCATION * FREE 8-Week Course

Support for people with serious mental illnesses and disorders.

Encouraged to Register by Monday March 4, 2024

Contact: 209-256-1293 or Ken - 209-743-1725

Where: In Person – Jackson, CA

When: Wednesdays, March 6 – April 24, 2024, 5:30pm – 7:30pm

Peer-to-Peer is an 8-week course that teaches problem-solving skills and strategies and offers practical and emotional support for people living with mental illness.

Goals: Provide education about mental illness, emotional and practical support, independent problem solving and relapse prevention. You will gain knowledge and skills to cope more effectively with your personal diagnosis and recovery plans.

Classes are taught by NAMI Amador state-certified instructors and mentors. Each class builds upon the prior one, so participants must sign up and attend all sessions.

*To register, please call NAMI Amador at **209-256-1293***



Amador



P.O. Box 482 Jackson, CA 95665 209-256-1293 namiamadorcares@gmail.com

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