

# PEER TO PEER



This newly updated NAMI Peer-to-Peer class is a free, 8-week educational program for adults with mental health issues who are looking to better understand their condition and journey toward recovery.

This confidential and supportive class will give you the tools you need to own your mental wellness. Come and learn why so many participants say, "I wish I would have taken this when I was first diagnosed."

Registration for this training is required.

For information and to RSVP, please contact Victoria Meredith at [vmeredith@t-mha.org](mailto:vmeredith@t-mha.org)

**8 week class  
held on Tuesdays**

**May 7 — June 25, 2024  
12pm to 2pm**

**Class will be held at  
Hope House  
1306 Nipomo St.  
San Luis Obispo**

