

# PEER TO PEER CLASS



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

This group experience provides the opportunity for mutual support and positive impact. The class is confidential.

*"I wish I would have taken this when I was first diagnosed."*

**8 week Class held on Wednesdays beginning  
January 22, 2020 — March 11, 2020  
3pm to 5pm**

Training held at Transitions Mental Health Association  
784 High Street  
San Luis Obispo

Registration for this training is **required**. For more information and to RSVP contact:  
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