

PEER TO PEER CLASS



This 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

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

1 (805) 441-8878

**8 week class
held on Tuesdays**

January 11 — March 1, 2022

3pm to 5pm

Class held on Zoom

