

# 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 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)  
1 (805) 441-8878

**8 week class  
held on Wednesdays**

**May 11 — June 29, 2022**

**12pm to 2pm**

**Class held on Zoom**

