

What is the NAMI Peer-to-Peer Education Program?

NAMI Peer-to-Peer is a free, 10-session course for adults living with mental health challenges. NAMI Peer-to-Peer provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope. The NAMI Peer-to-Peer education program is:

- **Free and confidential**
- **The format for this course is twice a week for five weeks**
- **Taught by trained Peer Mentors living in recovery themselves**
- **A great resource for information on mental health and recovery**

NAMI San Joaquin County will offer its 10-session NAMI Peer-to-Peer Education Program Beginning Tuesday, May 29th and Friday, June 1st. It will be held on Tuesdays and Fridays for 5 consecutive weeks from 12pm to 2pm at Behavioral Health Services; 1212 N. California St. Stockton, CA 95202 Conference Room A (REGISTRATION REQUIRED)



Recent Graduating Class!

Participant Perspectives

“This course has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery I did not know about before taking NAMI Peer-to-Peer.”

“Since taking the course I have gained employment and am committed to my recovery.”

“NAMI Peer-to-Peer gave me a better understanding of the mental illness I have and how to manage it.”

Contact us to register for this NAMI Peer-to-Peer class!



San Joaquin County

To Register, Contact;
Drew Strachan (209) 366-4923 or
outreach@namisanjoaquin.org

or

The NAMI SJC Office
(209) 468-3755

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI San Joaquin County and dedicated volunteer members and leaders work tirelessly to raise awareness, and to provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

www.namisanjoaquin.org