

# Educational Class



**nami**  
National Alliance on Mental Illness

McHenry  
County

## Peer-to-Peer

### Thursday Starting October 20<sup>th</sup>

**Peer-to-Peer** - is an 8-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. However, as with all NAMI programs, it does not include recommendations for treatment approaches.

Peer-to-Peer is a safe, confidential space. The course provides an opportunity for mutual support and growth. Experience compassion and understanding from people who relate to your experiences. This is a place to learn more about recovery in an accepting environment.

#### When?

**Thursdays**

**October 20th- December 15th**

6:00pm-8:00pm

*In-Person*

**620 Dakota Street, Crystal Lake, IL**



#### What Will You Gain:

- Set a vision and goals for the future
- How to partner with health care providers
- Develop confidence for making decisions
- Practice relaxation and stress reduction tools
- Share your story
- Strengthen relationships
- Enhance communication skills
- Learn about mental health treatment options

**Pre-register to see if this class is right for YOU!**

**[PRE-REGISTER HERE](#)**

# You are not alone...find Support & Growth!

**Questions?** - Contact [Education@namimch.org](mailto:Education@namimch.org)

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