



National Alliance on Mental Illness

NAMI Amador Peer to Peer

Support for People with serious mental illness and disorders

NAMI Peer to Peer is a free, 8-session education program providing education about mental illness, emotional and practical support, independent problem solving, and relapse prevention.

Led by NAMI State certified mentors and instructors, each class builds upon the prior one, so participants must sign up and attend all 8 sessions.

NAMI offers its Peer-to-Peer Education Program free of charge to participants, beginning every **Thursday, September 9 until October 28 from 6:00 to 8:00 p.m.** For more information and how to register, please contact **NAMI Amador at (209) 256-1293** or email us at: namiamador@hotmail.com.



Participant Perspectives

"NAMI Peer-to-Peer gave me hope when I was close to giving up. I realized that things can and do get better and that my mental health condition doesn't define me. I learned how to speak up for myself, build a strong support network and make plans for my future. I felt welcome and like I was among friends. Most importantly, I felt heard and understood."

"It was really nice being with people who understood."



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



National Alliance on Mental Illness



National Alliance on Mental Illness

NAMI Amador

NAMI Amador
PO Box 482
Jackson, CA 95642
(209) 256-1293

namiamador@hotmail.com

NEW LOCATION!

**Peer-to-Peer 2021 will be held at Amador
First Five:**

**975 Broadway Avenue,
Jackson, CA 95642**