



National Alliance on Mental Illness

NAMI

Amador



Peer to Peer Education

FREE 8-WEEK COURSE

Support for people with serious mental illness and disorders

- This course provides 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.

Spring Class Forming. Contact Michael for Registration Information:



209-256-1293

Sponsored by: NAMI Amador and Amador County Behavioral Health with Mental Health Services Act Funding

WELLNESS • RECOVERY • RESILIENCE

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