



National Alliance on Mental Illness

NAMI Coastal Virginia

PEER-TO-PEER CLASS

Every Saturday | April 4th - May 23rd, 2020 | 1:30-3:30 p.m.
Norview Fitness & Wellness Center, 7300 Newport Ave, Norfolk, VA 23505

NAMI Peer-to-Peer is a free, eight-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.

WHAT YOU'LL GAIN

NAMI 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

NAMI PEER-TO-PEER HELPS YOU:

Set a vision and goals for the future • 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

WHAT PEOPLE ARE SAYING

"I am now aware that I'm not alone. I'd like to become more involved with NAMI and advocacy"

"I've really learned how to cope with my triggers better and I'm now on the path to truly loving myself."

"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."

"I've learned how to communicate with my parents about what's going on with me."

"It was really nice being with people who understood"

Because of limited space, registration is required to attend

To register, call John Weaver at (757) 622-1664 *Please leave a message if there is no answer*
or through the 'Our Programs' tab on our website: www.namicoastalvirginia.org

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