



PEER-TO-PEER

Transitions-Mental Health Association

Any person with serious mental illness who is interested in establishing and maintaining wellness can take this nine-week course (two hours per week) developed by the National Alliance for Mental Illness (NAMI). The course uses a combination of lecture, interactive exercises and structured group processes to explore recovery.

Who Can Attend?

Any individual who experiences mental illness.

Who Are the Teachers?

Three trained "mentors," or peer-teachers, who are themselves experienced at living well with mental illness.

How Much Does It Cost?

The class is free. Peer to Peer is funded locally by the Mental Health Services Act.

Please call for locations and times.

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