



FREE online education class for adults with mental health conditions looking to better understand themselves and their recovery.

*"The teaching facilitators were excellent.
There was much support in the classroom."*

"I'm more focused."

*"This class added more knowledge so I feel
encouraged."*

-NAMI Peer-to-Peer Participant

About NAMI

NAMI, National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI St. Tammany and its dedicated volunteers work tirelessly to provide essential education, advocacy, support and resources for people living with mental illness in our community and for their families.

What should I expect?

- The eight-week course will meet virtually using Zoom.
- Open to adults living with mental health conditions.
- Guided by peers who successfully manage their own recovery and wellness.
- Includes presentations, interactive activities and group discussions.

Why should I attend?

- Find support in a sincere, confidential setting.
- Create personalized recovery and relapse prevention plans.
- Improve coping and problem solving skills.
- Learn about community resources.
- Become your own advocate.

Classes begin Wednesday September 9, 2020

Registration is required and space is limited.

To register for this program or for more information on mental health resources, please contact:

 **NAMI St. Tammany**
National Alliance on Mental Illness

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