

NAMI Peer-to-Peer is a free, 8-session recovery course for adults (18+) with a mental health condition. It offers information, skills, resources and a community of support. Participants learn in an environment of respect, understanding, encouragement and hope. Those interested in attending must register. No formal diagnosis is required.

- Free and confidential
- Held weekly (or twice weekly) for two hours
- Taught by trained program leaders
- A great resource for information on mental health and recovery

NAMI Fond du Lac, the local organization of the National Alliance on Mental Illness, will offer NAMI Peer-to-Peer beginning **September 4, 2019**. It will be held on **Wednesdays at 5:30pm** at Friendship Corner [21 East 2<sup>nd</sup> Street, Suite 104, Fond du Lac.



### Participant Perspectives

“The biggest thing I gained from this class was to be my own advocate and best friend.”

“I enjoyed the camaraderie of the class and making friends and connections.”

“Seeing my peers’ strength and dedication to their self and recovery was personally meaningful.”

“The course helped me deal with my current situation and reframe negative thoughts.”

**Contact us to register for this NAMI Peer-to-Peer course!**



**nami** Fond du Lac  
National Alliance on Mental Illness

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### About NAMI

NAMI, the 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 {Affiliate Name} is an affiliate of NAMI {State}. NAMI {Affiliate Name} and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.