

**NAMI Peer-To-Peer Online
Classes Start Wednesday April 28, 2021**

Register Today!



NAMI Jacksonville Peer-To-Peer Online Class

April 28 - June 16
8 class sessions.
Wednesdays 6:00-8:30 pm
Virtual Zoom Class

Taught by a trained team of people who've been there, the program includes presentations, discussion and interactive exercises. Everything is confidential, and NAMI never recommends a specific medical therapy or treatment approach.

This virtual group experience provides the opportunity for mutual support and positive impact. You can experience compassion and reinforcement from people who relate to your experiences. Through your participation, you have the opportunity to help others grow. This is a confidential place to learn from shared experiences in an environment of sincere, uncritical acceptance. Recovery is a journey, and there is hope for all people living with mental illness.

NAMI Peer-to-Peer helps you:

- Create a personalized relapse prevention plan
- Learn how to interact with health care providers
- Develop confidence for making decisions and reducing stress
- Stay up-to-date on mental health research
- Understand the impact of symptoms on your life
- Access practical resources on how to maintain your journey toward recovery

NAMI Jacksonville FL | PO Box 600857, Jacksonville, FL 32260

[Unsubscribe {recipient's email}](#).

[Update Profile](#) | [Customer Contact Data Notice](#)

Sent by namieventsjax@gmail.com powered by



Try email marketing for free today!