

NAMI Peer-to-Peer Fall 2025 Education Program

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness along with their family and friends. Over 100,000 people in the U.S. and Canada have completed the nationally recognized evidence-based NAMI Signature programs for adults with a diagnosis or family members and caregivers of a person who has been diagnosed with:

Bipolar Disorder
Major Depression
Borderline Personality Disorder
Schizophrenia & Schizoaffective Disorder
Co-occurring Brain Disorders & Addictive Disorders

NAMI Peer-to-Peer is a series of 8 weekly recovery-focused educational classes for adults who wish to establish and maintain wellness in response to mental health challenges. The course provides critical information and strategies related to living with mental illness. Classes are taught by a team of trained "Mentors" who are personally experienced at living well with mental illness.

Class time: Thursdays, September 11, 2025 - October 30, 2025, 6 - 8:00PM

Sign
Up
today!

Classes will be held online via Zoom

FREE Registration & Classes

Registration is Required - Class size is limited

For more INFORMATION or to REGISTER

Call: **951-369-1913**

or

Email: NAMI@namiwesternriverside.org

Classes to
begin
September
2025

