

## Are you interested in taking the NAMI Peer-to-Peer education course?

NAMI Peer-to-Peer is a free, 10-session course for adults living with mental health challenges. NAMI Peer-to-Peer provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope. The course is:

- Free and confidential
- Held once a week for two hours
- Taught by trained Peer Mentors living in recovery
- A great resource for information on mental health and recovery

**NAMI McHenry County will offer a NAMI Peer-to-Peer course beginning in February 2017 if there is enough interest.**



### Participant Perspectives

“This course has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery I did not know about before taking NAMI Peer-to-Peer.”

“Since taking the course I have gained employment and committed to my recovery.”

“NAMI Peer-to-Peer gave me a better understanding of the mental illness I have and how to manage it.”

**If you are interested and would like more information, call 815-308-0855.**



**nami**  
National Alliance on Mental Illness

**McHenry  
County**