

# Virtual Peer-to-Peer Education Program

## What is the NAMI Peer-to-Peer Education Program?

NAMI Peer-to-Peer is an 8-session recovery-focused course for adults with mental health conditions. Classes will be from 1-3 pm each session.

- Free, confidential and safe – held on special, secure Zoom platform access by invitation only
- Held weekly for two hours
- Led by peers with mental health conditions
- A great resource for information on mental health and recovery
- Offers respect, understanding, encouragement and hope
- Builds on the strength and resilience of participants

*Virtual Peer to Peer class begins*

**Tuesday, February 9,  
2021 on Zoom.**

For details, or to register,  
call Sandy Rives at (805) 819-0460  
ext. 152 or email at [srives@t-mha.org](mailto:srives@t-mha.org)

***Open to Peers residing anywhere in Santa Barbara County***



### ***Participant Perspectives***

“NAMI Peer-to-Peer is uplifting, life-saving and an eye-opening experience that changed how I see myself.”

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

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

#### 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 Santa Barbara County is an affiliate of NAMI California. NAMI Santa Barbara 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.



**Santa Barbara County**

