

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

NAMI Peer-to-Peer is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

Taught by trained leaders with lived experience, this program includes activities, discussions and informative videos. However, as with all NAMI programs, it does not include recommendations for treatment approaches.

NAMI High Country Colorado, the local affiliate of NAMI Colorado, will offer its NAMI Peer-to-Peer Education Program for the winter **January 21 – March 10, 2020** Class will be held on **Tuesday** nights at 6:00-8:00 PM at the **Alpine Bank, Frisco**. You **must** register to attend. To register or for more information, send a TEXT with your name and phone number to **Sheila at 303-917-9131**.

## What you'll gain

NAMI Peer-to-Peer is a safe, confidential space. The course provides an opportunity for mutual support and growth. Experience compassion and understanding from people who relate to your experiences. This is a place to learn more about recovery in an accepting environment. NAMI Peer-to-Peer helps you:

- Set a vision and goals for the future
- Partner with health care providers
- Develop confidence for making decisions
- Practice relaxation and stress reduction tools
- Share your story
- Strengthen relationships
- Enhance communication skills
- Learn about mental health treatment options

## Contact us to register for this NAMI Peer-to-Peer class!

### To register for the Peer-to-Peer Education course:

Contact Name: Sheila Brockmeier  
Phone Number: (303)917-9131  
Email: [s.brockmeier@comcast.net](mailto:s.brockmeier@comcast.net)



### About NAMI High Country Colorado

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 High Country Colorado is the local affiliate for Summit and Lake counties. NAMI High Country Colorado's dedicated volunteers, members and leaders work to raise awareness and provide essential education, advocacy and support for families and individuals in our community living with mental illness.