



Do you live with a mental illness?

Peer-to-Peer Is a Mental Health Education Course

This class is for you if you are ready to take any of these steps:

- Understand more about your illness
- Discover new coping strategies
- Reduce stigma
- Gain knowledge that will empower you
- Connect with others who share your experience

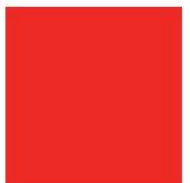
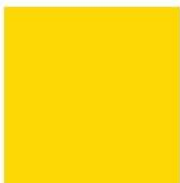
The FREE class meets 2 hours each week for 10 weeks.

Led by trained NAMI peer mentors who also live with mental illness, Peer-to-Peer is a supportive, safe and confidential environment to learn about diagnosis, coping skills, relapse prevention and more.

Next NAMI Lansing Peer-to-Peer class begins:

- Monday, March 30, 2015
- 6:00 p.m. - 8:00 p.m. (food provided)
- Meets at Sparrow - St. Lawrence Campus
- Registration required & space is limited. Call NAMI Lansing for details:
(517) 484-3404 or email: info@namilansing.org

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots organization dedicated to helping people affected by mental illness.



Lansing