



National Alliance on Mental Illness

NAMI | Bozeman



Peer-to-Peer Class

This free, 10-session class is for adults living with mental illness and looking to better understand their condition and journey toward recovery. The class is led by NAMI-trained peers who have been there themselves, and includes presentations, discussion and interactive exercises. Everything is confidential, and NAMI never promotes a specific medical therapy or treatment approach.

What You'll Gain

The group setting of the NAMI Peer-to-Peer class provides mutual support and shared positive impact—you get experience, compassion and reinforcement from people who understand your situation and provide hope in your recovery journey. You can also help others grow through sharing your own experience.

In the class, you will:

- Create a personalized relapse prevention plan
- Learn ways to interact with health care providers
- Develop confidence for making decisions and reducing stress
- Stay up-to-date on mental health research
- Understand the impact that symptoms have on your life
- Access practical resources on how to maintain your journey toward recovery

Cost: Free (You must pre-register for the class)

Dates: call for info

Time: final time and place to be announced

To sign up: Lee (406) 539-5736, Julia (406)539-9950

“It made me feel I was not alone in coping with mental illness... and it gave me positive role models to inspire me to strive for recuperation and success in life.”



Open Arms Drop in Center

(406) 556-6535

www.nami.org

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