

## 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.

- Free and confidential
- 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



Registration QR Code

NAMI Berks County PA, the local organization of the National Alliance on Mental Illness, will offer NAMI Peer-to-Peer beginning Saturday, March 9, 2024. It will be held on Saturdays at 10am to 12noon at 640 Walnut Street, 2<sup>nd</sup> Floor, Reading, PA 19601.



### 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.”

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

This project, program, or event is made possible, in whole or in part, by funds received through the Berks County Opioid Settlement Agreement.



National Alliance on Mental Illness

## Berks County PA

NAMI Berks County PA  
640 Walnut Street-2<sup>nd</sup> Floor  
Reading, PA 19601  
610-685-3000  
info@namiberks.org

### Class Information

**START DATE: SATURDAY, MARCH 9<sup>TH</sup>, 2024**

**LAST CLASS: SATURDAY, APRIL 27<sup>TH</sup>, 2024**

**CLASS TIME: 10AM – 12NOON**

**LOCATION: 640 WALNUT ST-2<sup>ND</sup> FL, READING, PA**

### 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 Berks County PA is an affiliate of NAMI Keystone. NAMI Berks County PA 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.