



NAMI Peer to Peer Recovery Education Course is for peers with a diagnosed (by a medical professional) mental illness who are interested in achieving and maintaining recovery and wellness.

NAMI is very excited to announce its brand new 8-week course, taught by two NAMI trained mentors, themselves living in recovery with mental illness.

This brand new 8-week course includes topics of Physical Wellness, Relationships, Self Appreciation, Goal Setting, Vision Statement & More

The course is free, however
Registration is required

Location: Lawrenceville Presbyterian Church
800 Lawrenceville Highway
Lawrenceville, GA 30046

Start Date: **Thursday, August 29**, 2019

Class Time: 1:00-3:00 pm (***this is a daytime class***)

Mentors: Wendy Casper & Ann Larkin

To register: send name, full address and phone to Wendy Casper at wcasper.namigwinnett@gmail.com or text to 470-406-8182 (you may also leave a message)



** You must have a mental health diagnosis to attend this class**