

# Spring 2024 PEER TO PEER CLASS



Jacksonville Florida



**Free 8 week class!**

Meeting March 5th – April 23rd 2024

Tuesday Nights 6:00 pm–8:30 pm

Winston YMCA Riverside Healthy Living  
Center

**Winston YMCA  
Riverside**

**Healthy Living Center  
200 Riverside Avenue  
Jacksonville, FL 32202**

Experience provides the opportunity for mutual support and positive impact.

- Taught by NAMI-trained volunteers who are peers with lived experience with mental illness
- Experience compassion and reinforcement from people who relate to your experiences

NAMI Peer to Peer helps you:

- Create a personalized relapse prevention plan
- Learn how 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 of symptoms on your life

We ask that you commit to the entire 8 week sessions to receive the full benefit of the course.

2024 NAMI Jacksonville Peer-to-  
Peer Class Registration



**Register Here**

[LEARN MORE](https://www.namijax.org/programs/peer-to-peer)

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