



NAMI Lehigh Valley

Lehigh Valley's Voice on Mental Illness

Peer to Peer Education Course Fall 2016

A **free** 10 week experiential course to help those **with mental illness to establish and maintain health and wellness for themselves**. This is not peer specialist training, although it is excellent preparation for that. **The purpose of this course is to help you with your own recovery.** Facilitated by two peer mentors who are living successfully in recovery, the course offers insight and knowledge about our illnesses and a wide variety of strategies for living fulfilling and productive lives. We create a safe and supportive environment in community with each other.

Ten two-hour sessions

Fridays 3:00 to 5:00 pm

September 23rd – December 2nd

No class the day after Thanksgiving, Nov. 25th

Lehigh Valley Hospital Network

Muhlenberg Campus, Bethlehem, PA

Good Shepherd Specialty Hospital, South Entrance

Next to the Behavioral Health Building

Westgate Drive across from the Bon-Ton - Westgate Mall

484-935-1576 to register.

Email- info@nami-lv.org, we will get back to you.

For more information on the program please visit our website.

www.nami-lv.org