

# NAMI PEER TO PEER WORKSHOP



**Free**

**Spring Session**  
Thursday Evenings 6-8p  
March 1 – May 3

**Fall Session**  
Monday Evenings 6-8p  
Sept 10 – Nov 12

At NAMI Greater Des Moines  
511 East 6<sup>th</sup> Street

IN DES MOINES'  
HISTORIC EAST VILLAGE

## PEER-TO-PEER HELPS TO:

- Understand the impact symptoms have in your life
- Create a personalized relapse prevention plan
- Learn how to interact with health care providers
- Develop confidence for making decisions and reducing stress
- Find resources to maintain wellness

Call 515.850.1467 or email [director@namigdm.org](mailto:director@namigdm.org) to sign up today

 **NAMI** Greater Des Moines  
National Alliance on Mental Illness

