



Have you experienced any of these?

Anxiety Disorder
Depressive Disorder
Bipolar Disorder
ADHD
Schizophrenia

Dissociative Disorder
Obsessive Compulsive Disorder
Post-Traumatic Stress Disorder
Borderline Personality Disorder

Psychosis
Dual Diagnosis
(Co-occurring Mental Health
Conditions and Substance
Use/Abuse Disorder)

YOU ARE NOT ALONE!!

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 trained peers with lived experience
- Learn skills to achieve and maintain mental health
- Offers respect, understanding, encouragement, hope
- Set personal goals and vision for the future

Thursdays October 1st – November 19th 6:00 pm – 8:00 pm

Ways to Register: Call/Text: (406) 763-6270
Email: namibozeman.mt@gmail.com
Website: namibozeman.org

