

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. It is:

- Free and confidential
- Held weekly for two hours
- Taught by peers with mental health conditions living in Recovery
- A great resource to learn about your mental illnesses and how to manage it for Recovery
- Offers respect, understanding, encouragement and hope from peers going through their own illness(es)
- Builds on the strength and resilience of participants!

NAMI Johnson County will be offering NAMI Peer-to-Peer (P2P) February-March 2021. It will be held online via Zoom on Mondays, 6-8pm. Call 319-354-3455 or email RPlacePeerCenter@gmail.com to sign up or ask questions. Registration ENDS 2/1/2021.



Participant Perspectives

“NAMI Peer-to-Peer is uplifting, life-saving and an eye-opening experience that changed how I see myself.”

“The biggest thing I gained from this class was to become my own advocate and best friend.”

“Seeing my peers’ strength and dedication to their recovery was personally meaningful.”

Contact us to register for NAMI Peer-to-Peer!



National Alliance on Mental Illness

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recovery · rest · renewal · recreation · relationships