

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.

- A free scripted class created by our national office
- Provides a confidential and safe environment
- Led by trained and certified peers with mental health conditions
- A great resource for information on mental health and recovery
- Offers respect, understanding, encouragement, and hope
- Builds on the strength and resilience of participants

The class begins Thursday, April 23, and runs through June 11, from 6 pm to 8 pm. It will be held at the First Congregational Church, 608 W. 4th Street, in Waterloo.



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.”

Please contact us to register for this class by Friday, April 3

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About NAMI

NAMI, the National Alliance on Mental Illness, is a nonprofit grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Black Hawk County is an affiliate of NAMI Iowa. NAMI Black Hawk County and dedicated volunteer members and leaders work to raise awareness and provide essential advocacy, education, and support group programs for people in our community living with mental illness and their loved ones, including families, partners, and friends.