

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 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

NAMI Maryland, the state organization of the National Alliance on Mental Illness, will offer **Virtual NAMI Peer-to-Peer** beginning **October 6, 2025**. For more information and how to register, please contact **NAMI Maryland** at 410-884-8691 or Skebede@namimd.org and dvalentine@namimd.org



Participant Perspectives

"NAMI Peer-to-Peer is uplifting, lifesaving 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!



NAMI Maryland
10632 Little Patuxent Parkway,
Suite 454
Columbia, MD 21044

These courses are only for individuals currently living in the following counties: Garrett, Allegany, Washington, Frederick, Harford, Cecil, Southern Maryland (Charles, Calvert, St. Mary's), Kent, Queen Anne's, Mid Shore (Talbot, Caroline, Dorchester), and Lower Shore (Wicomico, Somerset, Worcester). If your county is not listed, please contact your local NAMI affiliate to find out when the next class is available in your area.



About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. **NAMI Maryland** and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.