

YOU WILL GAIN

- New hope and inspiration
- How to cope with difficult circumstances
- Share with peers
- Learn to identify feelings, thoughts, events that can cause a possible relapse
- How to strengthen your interpersonal relationships



The NAMI Peer-to-Peer Education Program

A free 10-week recovery education course that provides a holistic approach to recovery for people living with serious mental illness.

Mental Health and Recovery:

Learning to Live Well

CLASSES WILL RUN ON 10 CONSECUTIVE WEEKS

WHEN: WEDNESDAYS
SEPT. 14 THROUGH NOV. 16

TIME: 2:00—4:00pm

WHERE: PONTIFEX
416 W. State St., Fremont, OH

INSTRUCTORS: KAREN MICHAEL
MARLA CHUDY

**FOR INFORMATION
OR
TO REGISTER**

CALL NAMI:
419-334-8021



Seneca, Sandusky
& Wyandot

416 W. State Street Fremont OH 43420