



NAMI San Mateo County
Peer-to-Peer Class

Starting March 7, 2012

Ten consecutive Wednesday afternoons

March 7, 2012 to May 9, 2012

3:00 – 5:00 PM

**How informed are you about your mental illness?
Join our learning program for those who wish to
establish and maintain wellness and recovery.**

*Taught by trained mentors who are personally
experienced
at living well with mental illness.*

**Location: The Source (Heart and Soul)
500 E. 2nd Ave., San Mateo
(at Claremont Street and 2nd Avenue)**

**Contact the NAMI office at 650-638-0800 or
email at namismc@sbcglobal.net**