



National Alliance on Mental Illness

nami

Southern Maryland
St. Mary's - Charles - Calvert

Have you been diagnosed with or recovering from a serious mental illness?

If you are struggling with depression, anxiety, bipolar disorder, panic disorder, schizophrenia, OCD, PTSD or borderline personality disorder, this class is for you.

**Get support and learn the skills you need through the
PEER to PEER EDUCATION PROGRAM**

Class 3 begins Mon., September 14th, 2009

Class will meet once a week from 7:00 – 9:00 PM for 9 weeks, from September 14th thru November 9th

Location: Calvert Memorial Hospital
100 Hospital Road, Prince Frederick, MD 20678

For more info about Peer to Peer, or to register, call 410-414-8166. Please leave your name and phone number! Please pass this information to anyone you think might benefit from this program!

NAMI's Peer-to-Peer Education Program is FREE. It is taught by experienced and trained NAMI consumers who offer information, insight, understanding and empowerment. Attendees do not have to be members of NAMI Southern Maryland, but class size is limited. REGISTRATION IS REQUIRED.

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