

# VETERAN PEER-TO-PEER

*NAMI Veteran Peer-to-Peer is an eight-week class for Veterans and Military Service Members living with a mental health condition*

Topics to be covered include:

- Basics of brain biology & medication
- Different diagnoses (PTSD, Bipolar Disorder, etc.)
- Identifying warning signs
- Assessing & building support systems
- Advanced Directives

Register online at [tinyurl.com/VETP2PSRING24](https://tinyurl.com/VETP2PSRING24), call the NAMI Multnomah Helpline at 503-228-5692, or scan below



**D A T E S :** April 16th–June 11\*

**S C H E D U L E :** Tuesdays, 6:30–8:30 PM

**F O R M A T :** Online via Zoom

*\*Please note that there will be no class on May 7th*