

# Are you someone who is open to a peer relationship, wants to work on wellness and recovery, and wants to be independent and self-directed?

## Join our Community Peer Program!


Our vision for this program is to increase mental wellness and encourage independence for persons with a diagnosed mental health condition through the support of their peers.

The Community Peer Program was created for those living with a mental health condition who want to maintain wellness and recovery through mentorship from a peer who has walked in your shoes.


## This program is also for you if you...

- Live in Santa Clara County
- Want to thrive outside a hospital environment
- You wish to be intentional about your future choices.
- You want to learn to manage your symptoms
- You want to develop good coping strategies
- You wish to learn from others living with mental health conditions.
- You want to find hope.

*Please note: Our mentors are themselves living with mental health conditions and working on their own wellness. This program is not suitable for someone looking for a friend to talk to daily or a respite for participant's caregiver.*



"My mentor's support empowered me to change my life."



"With my mentor's support, I learned strategies to maintain recovery."



For more information, contact: [CPP@namisantaclara.org](mailto:CPP@namisantaclara.org)

Visit our page at:

<https://namisantaclara.org/classes/nami-peer-program-2/>