

What is the NAMI Peer-to-Peer Education Program?

NAMI Peer-to-Peer is a free, 8-session class for adults living with mental health challenges. Peer-to-Peer provides the opportunity for mutual support and positive impact. You can experience compassion and reinforcement from people who relate to your experiences. Through your participation, you have the opportunity to help others grow. This is a confidential place to learn from shared experiences in an environment of sincere, uncritical acceptance. Recovery is a journey, and there is hope for all people living with mental illness.

All NAMI-NYC classes are FREE, but you MUST register first to attend. Contact our Helpline at 212-684-3264 or helpline@naminyc.org to register for upcoming classes!



What do people say about the class?

“This course has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery I did not know about before taking NAMI Peer-to-Peer.”

“Since taking the course I have gained employment and committed to my recovery.”

“NAMI Peer-to-Peer gave me a better understanding of the mental illness I have, and how to manage it.”

Fall 2018 Classes

NAMI-NYC office

8th Ave. @ W. 35th St. (Manhattan)

Tuesdays – Oct. 2 - Nov. 20 – 6 to 8pm
- OR -

Wednesdays – Sep. 12 - Oct. 31 – 11am to 1pm
- OR -

Thursdays – Sep. 27 - Nov. 15 – 1 to 3pm
- OR -

Saturdays – Sep. 8 - Oct. 27 – 2 to 4pm



National Alliance on Mental Illness

New York City Metro

Who is NAMI-NYC?

We help individuals and families affected by mental illness build better lives through education, support, and advocacy. NAMI-NYC was founded by a small group of parents who came together for support, for guidance, and for resources. Sharing lived experiences remains the guiding principle of our organization, and the core pillar of our programs. *Learn more at www.naminyc.org.*