

## Peer to Peer Support Group

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Family

No

Intake Contact Email

namiwinchester@live.com

Provider Refer

Yes

Self Refer

Yes

National Alliance on Mental Illness (NAMI) Winchester

<http://www.namiwinchester.org>

Main

(540) 533-1832

P.O. Box 4550

22604 VA

United States

Languages Spoken

English

Peer to Peer support program is a series of 9 weekly classes structured to help people with serious mental illness establish and maintain their wellness and

recovery. Participants come away with resources, survival skills for working with providers and the general public, exercises to help focus and a relapse prevention plan.

Call for information about a group in the area.

Service Area(s)

Clarke County

,

Frederick County

,

Page County

,

Shenandoah County

,

Warren County

,

Winchester City