Welcome to our Spring/Fall Peer-to-Peer Course!

(Name of co-mentor) and I would like to extend a warm welcome to the new peer participant who will be taking our session of NAMI’s Peer-to-Peer course. We are confident it will be an educational and supportive experience for all.

Schedule.--We will meet at .... once a week on (day of the week) from .... There is a vast amount of information we have to cover in ten short weeks; we will start on time! There will be a sign in sheet for you to sign in at each session in order for us to keep track of you and to ensure you receive any materials you may have missed. If you know in advance, that you will not be able to make class, please let us know so that we can make a note of it in our records and have materials set aside for you. NAMI National, as a policy, requires each to attend a minimum of eight of the ten sessions. If you miss anymore than two sessions, please come talk with one of and perhaps we can reschedule a better time for you to take the course.

Location.—provide more descriptive directions of location to help guide participants. Include any special instructions or parking concerns.

Snacks.—depends on funds of affiliate or organization of the course by the mentors. One suggestion is to offer snacks and drinks the first night, and ask for all to participate in contributing to munchies and drinks for the remainder of the sessions. Possibly bring a signup sheet the first night or ask for a volunteers each night for the next. Nothing fancy, just enough to keep the blood sugars up during the evening, and easy clean up at the end of the night with trash bag!

In summary.--Many have described this program as life changing. I truly believe you will find it to be a great source of strength in your own personal journey as you grow through this experience and continue down your path of recovery. We look forward to meeting you.

Take Care,

Include your preferred contact here for both mentors.