



National Alliance on Mental Illness

NAMI

Montgomery
County Ohio

PROGRESSION TEEN MENTAL HEALTH COURSE

***NAMI Montgomery County Ohio is pleased to offer the
Progression Class through a partnership with NAMI Utah***



Progression is a free, six-week class for teens ages 13-18 years with mental health conditions. In a safe, supportive environment, teens meet teens with mental health conditions and learn all about mental illness including causes, symptoms, diagnosis, treatment, recovery, and tips for leading a full, enriching life with a mental health condition. Our certified instructors are young adults who first experienced mental illness as teens. Classes are taught through readings, discussions, fun art projects, video clips, music, and more.

FORMAT: Online on ZOOM

REGISTRATION: <https://form.jotform.com/20349665695606>

QUESTIONS: Contact Jayden at 435-603-0428 or jayden@namiut.org

TIME: 12:00 – 2:30 p.m. on 6 consecutive Saturdays

***Course will be offered when a minimum of 10 participants
from our area have registered.***