

Please note that offerings are subject to change.
Visit www.namimultnomah.org for the most updated information.

Peer Support Groups

BIPOC Peer Support Group

For adults who identify as Black, Indigenous, and/or a Person of Color (BIPOC) and are living with mental health conditions.

Connection Peer Support Group

For adults living with mental health conditions.

Military Support Group

For those who have served in the military, Active Duty, National Guard, and Reserve members living with mental health conditions.

Military Sexual Trauma Support Group

For those who have served in the military, Active Duty, National Guard, and Reserve members who have experienced Military Sexual Trauma (MST).

Young Adult LGBTQ+ Support Group

Peer-led mental health support group for LGBTQ2SIA+ individuals ages 18-30.

Community Events

Hiking Group

Support community mental health while enjoying good company in the wonders of nature.

Interactive Sound Healing Group

Join us for healing through sound and movement. Instruments are available to use, or you may bring your own! No experience necessary.

Self Care Group

Learn different types of self-care through education tools, techniques, and activities.

Walking Group

Take a leisurely stroll at a local park with your NAMI friends.

Writing Groups

Join in to share a creative and expressive space, no writing experience required. All you need to bring is yourself!

Family Support Groups

Family Support Group

For family members and loved ones of people who have experienced symptoms of mental health conditions.

Military Family Support Group

For family members and loved ones of Veterans and Active/Prior Military Service Members who have experienced symptoms of mental health conditions.

Parent Support Group

For parents and caregivers of children/adolescents who have experienced symptoms of mental health conditions.

Partners & Spouses Support Group

For partners & spouses of people who have experienced symptoms of mental health conditions.

Community Presentations

We offer a wide variety of community presentations. To learn more, visit namimultnomah.org/presentations.

Events Calendar



We have other events too!

Scan the QR code to visit our events calendar and register for upcoming events. All events are FREE to participants!

www.namimultnomah.org/events

HelpLine

To connect to community programs or learn more about our services, please give us a call on the NAMI Multnomah Helpline at **503-228-5692** or send an email to info@namimultnomah.org.

Education

Basics Class

A 6-week peer-led educational course for parents and caregivers of youth up to age 21 experiencing mental health barriers and/or behavioral challenges.

Family-to-Family Class

A free educational program for family, significant others and friends of people living with mental health conditions

Peer-to-Peer Class

An 8-week course focusing on mental health, wellness, and recovery for adults living with a mental health condition. We intermittently offer identify-specific classes:

- BIPOC Peer-to-Peer**
- LGBTQ+ Peer-to-Peer**
- LGBTQ+ Young Adult Peer-to-Peer**
- Veteran Peer-to-Peer**
- Young Adult Peer-to-Peer**

Mental Health Class Interest List



If you are interested in receiving notices about our upcoming mental health classes, please scan the QR code to sign up for our interest list or visit www.namimultnomah.org/education.

Peer Support Specialist Training

Peer Support Specialist (PSS) Training is designed to educate and empower peers pursuing work in peer-delivered services. Individuals who complete this PSS training are eligible to become Oregon State Certified

Peer Support Specialists for adult mental health under the Traditional Health Worker (THW) program and can apply to receive this certification from OHA.

We intermittently offer identify-specific trainings:

- BIPOC Veteran PSS Training**
- LGBTQ+ PSS Training**
- Veteran PSS Training**

Peer Support Specialist Training Interest List



If you are interested in receiving notices about our upcoming Peer Support Specialist Trainings, please scan the QR code to sign up for our interest list or visit www.namimultnomah.org/peer-support-specialist-training.

Stay Connected!

Want to stay up in the loop with our programming? Sign up to our newsletter at www.namimultnomah.org or follow us on social media!



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