

Free Drop-In Support Groups

For more information about our free support groups, classes, and events, please give us a call on the **NAMI Multnomah HelpLine** at **503-228-5692** or drop us a line at **info@namimultnomah.org**

NAMI Signature support groups are facilitated by trained NAMI Multnomah volunteers

For families and loved ones:

Drop-In Family Support Group

For families of adults with mental illness

Mondays, 6:00-7:30pm

TaborSpace, Muir Hall

5441 SE Belmont St., Portland 97215

Drop-In Partners & Spouses Support Group

For partners/spouses of adults with mental illness

Last Wednesday of every month, 6:30-7:30pm

NAMI Multnomah

524 NE 52nd Ave., Portland 97213

For Individuals with mental illness: NAMI Connection Support Groups

Recovery and support by and for people living with mental illness; open to any mental health diagnosis

Tuesdays, 11:30am–1:00pm

Luke-Dorf

1952 SE 122nd Ave., Portland 97233

Wednesdays, 4:00pm–5:30pm

Multnomah County East

Senior Center – Primrose Room

600 NE 8th St., Gresham, OR 97030

Community support groups: Autonomous groups which NAMI Multnomah helps promote or hosts

'Talk It Over' Support Groups

A supportive place for families of children with mental illness or substance abuse

2nd and 4th Sundays, 4:00 – 5:30pm

Providence Child Center

830 NE 47th Ave., Portland 97213

Contact Margaret, 503.737.9971

Dual Diagnosis Anonymous (DDA)

Support for those with mental illness who also deal with substance abuse

Thursdays 5:15pm – 6:15pm

NAMI Multnomah

524 NE 52nd Ave., Portland 97213

Contact Racquel at 360.936.3574

racquelh@ddaoforegon.com

'A non-exclusive LGBTQ safe space'

Schizophrenia Support Group

Wednesdays, 1:00 – 2:00pm

NAMI Multnomah 524 NE 52nd Ave., Portland 97213

Depression and Bipolar Support Alliance (DBSA) Groups

Mondays 7:00-8:30pm Q Center, 4115 N Mississippi Ave. Contact: Brian 503-679-2999 (DBSA LGBTQ)

Tuesdays 6:30-8:00pm Good Samaritan Wilcox Building, 2211 NW Marshall St. Contact: Jason 503-421-7030

Thursdays 7:00-8:30pm Providence Portland Cancer Center, Room A-B, 4805 NE Glisan St.

See DBSA Meetup for more information, or email dbsaportlandeastside@gmail.com

<https://www.meetup.com/Portland-Depression-Bipolar-Support-Alliance-Meetup-Group/>