

## 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**

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### 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 52<sup>nd</sup> 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 122<sup>nd</sup> Ave., Portland 97233

**Wednesdays, 4:00pm–5:30pm**

Multnomah County East

Senior Center – Primrose Room

600 NE 8<sup>th</sup> St., Gresham, OR 97030

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## **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

2<sup>nd</sup> and 4<sup>th</sup> Sundays, 4:00 – 5:30pm

Providence Child Center

830 NE 47<sup>th</sup> 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 52<sup>nd</sup> Ave., Portland 97213

Contact Racquel at 360.936.3574

[racquelh@ddaoforegon.com](mailto:racquelh@ddaoforegon.com)

**'A non-exclusive LGBTQ safe space'**

### Schizophrenia Support Group

Wednesdays, 1:00 – 2:00pm

NAMI Multnomah 524 NE 52<sup>nd</sup> 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](mailto:dbsaportlandeastside@gmail.com)

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