

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

Parent Support Group

For Parents and Caregivers of Children/Adolescents with mental health barriers

Day Group:

Third Thursday of every month, 11:00-12:30pm

NAMI Multnomah
522 NE 52nd Ave., Portland, 97213

Evening Group:

Third Tuesday of every month, 6:00 – 7:30pm

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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

Wednesdays, 3:00pm–4:30pm

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 use issues

2nd and 4th Sundays, 4:00 – 5:30pm

Providence Child Center
830 NE 47th Ave., Portland 97213

Contact Margaret, 503.737.9971

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)

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/>