



National Alliance on Mental Illness

NAMI Multnomah

Peer Support Groups

Register online at:

namimultnomah.org/peer-support-groups

BIPOC Peer Support Group

For adults with a mental health condition who identify as people of color

Connection Peer Support Group

For adults with a mental health condition

LGBTQ+ Support Group

For LGBTQ+ adults with a mental health condition

Complex Trauma & Dissociation Support Group

For adults who have experienced complex trauma and/or experience dissociation

Young Adult Support Group

For all young adult peers (ages 18-35) with a mental health condition

Military Support Group

For veterans and military service members with a mental health condition

Military Sexual Trauma Support Group

For veterans and military service members who have experienced MST

LGBTQ+ Veteran Support Group

For veterans and military service members who identify as LGBTQ+

Family Support Groups

Register online at:

namimultnomah.org/family-support-groups

Family Support Group

For family members and loved ones of adults with a mental health condition

Partners & Spouses Support Group

For partners & spouses of people living with a mental health condition

Parent Support Group

For parents and caregivers of children (0-18) with a mental health condition

Grupo de Apoyo Para Padres en Español (Parent Support Group in Spanish)

Un grupo de apoyo gratuito para padres, familiares y cuidadores que crían niños/adolescentes (0-18) que tienen dificultades de salud mental.

Events Calendar



Scan the QR code to visit our events calendar and sign up. All events are FREE!

www.namimultnomah.org/events

Mental Health Education

Basics Class

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

Family-to-Family Class

An 8-week course for family, significant others, and friends of people living with mental health conditions.

Peer-to-Peer Class

An 8-week course on mental health, wellness, and recovery for adults with mental health conditions.

Mental Health Class Interest List



Scan the QR code to learn more about our mental health classes. Or visit namimultnomah.org/education.

Community Presentations

Invite us to present to your school or group about mental health recovery and resources.

namimultnomah.org/presentations

Contact us at 503-228-5692 or info@namimultnomah.org

Peer Support Specialist Training

NAMI Multnomah's Peer Support Specialist (PSS) Training meets Oregon requirements to become an Oregon State Certified Peer Support Specialist for adult mental health under the Traditional Health Worker (THW) program. We offer both general and community-specific training.

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

Peer Support Specialist (PSS) Training Interest List



Scan the QR code to learn more, or visit namimultnomah.org/peer-support-specialist-training.

Stay Connected!

Stay up in the loop with our programming. Sign up for our newsletter at namimultnomah.org, or follow us on social media.

 [@NAMIMultnomah](https://www.instagram.com/NAMIMultnomah)

 [linkedin.com/company/nami-multnomah](https://www.linkedin.com/company/nami-multnomah)