



— Programs for Veterans
& Loved Ones —

All NAMI Multnomah Programs are:

- FREE!
- Led by trained volunteers with lived experience.
- Open to anyone who identifies with the group served, regardless of diagnosis.
- *Currently* virtual.
- *Currently* available to individuals living outside of Multnomah County as well.

Call 503-228-5692 or visit [namimultnomah.org](https://www.namimultnomah.org) to learn more.



Veteran Support Group

This support group is for Veterans and Active Military Service Members living with mental health differences, regardless of their diagnosis. Each meeting is facilitated by trained individuals who are also in recovery and understand the challenges.

NAMI support groups offer a flexible and casual environment without an educational format. You will learn about local resources and gain insight from hearing the challenges and successes of others. The groups follow a structured model to ensure you and others have an opportunity to be heard and to get what you need out of the session.

When: Third Wednesday of each month 6:00 PM - 7:30 PM

Where: Currently virtual through Zoom

To Register: Call 503-228-5692

Learn more at namimultnomah.org/support

Veteran-Only



This program is taught by NAMI Peer-to-Peer course leaders who are also Veterans.

NAMI Peer-to-Peer is a unique, experiential learning program for people living with mental health differences who are interested in establishing and maintaining their wellness and recovery. It consists of eight two-hour sessions over eight weeks. It is taught by a team of trained program leaders who are all personally experienced at living well with mental illness. Participants come away from the course with a binder of reference materials, as well as other resources.

More Information: Call 503-228-5692

Learn more at namimultnomah.org/peer-to-peer



NAMI Homefront is an educational program for families, caregivers, and friends of Veterans and Military Service Members with mental health differences.

Based on the nationally recognized NAMI Family-to-Family class, NAMI Homefront is designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country. The program is taught by trained family members of Veterans/service members living with mental health differences.

NAMI Homefront scheduled for 9/23 has been postponed because of wildfires and COVID-19. For more information call 503-228-5692

Learn more at namimultnomah.org/homefront

Evening with the Experts

Evening with the Experts brings in speakers from the community who are experts in various topics related to mental illness. The aim of this program is to increase public awareness about mental health conditions by hosting community forums on various issues in the mental health community, fostering open discussions on how to facilitate change and break stigma around mental illness.

Current Veteran Evening with the Experts Series:

Veterans: Stigma & Resiliency

Monday, September 21st 6:00 PM

Veterans: Mental Health, Substance Use, and Suicide

Wednesday, September 23rd 6:00 PM

To Register: Call 503-228-5692

Learn more at namimultnomah.org/evening-with-the-experts



— Other Programs —

Support

NAMI Connection Support Groups

Recovery and support by and for people living with mental health challenges.

Family Support Groups

For families and friends of adults living with mental health challenges.

Parent Support Groups

For parents/caregivers of children/adolescents with behavioral and mental health challenges.

Partners & Spouses Support Group

For partners/spouses of adults living with mental health challenges.

NAMI Hike

*This program supports community mental health while enjoying good company in the wonders of nature. *During the current health crisis we are taking measures to ensure safety. Please email HikeWithNAMI@gmail.com or call 503-577-9386 for details.*

Education

Peer-to-Peer Class

Mental health, wellness, and recovery for anyone experiencing mental health challenges.

Frequency: four times per year.

Family-to-Family Class

For family members of adults who live with mental illness. Frequency: three times per year.

Basics Class

For parents/caregivers of children/adolescents experiencing behavioral and mental health challenges. Frequency: four times per year.

Peer Support Specialist Training

Designed to educate and empower peers pursuing work in peer-delivered services.

Frequency: four times per year.

Advocacy

Community Presentations

Individuals with lived experience advocate for themselves and their peers through presentations like Ending The Silence, First Step, and In Our Own Voice.

System of Care Collaborative

Join parents, family partners, youth, providers, and administrators to resolve barriers in mental health services for families.

CATS and Wraparound

Family partners offer peer-support services for parents and caregivers. To learn more about these programs visit multco.us.

NAMIWalks Northwest

Each year we bring together thousands of people from all backgrounds to help fight stigma around mental illness in our community.



National Alliance on Mental Illness

nami | Multnomah

503-228-5692

— info@namimultnomah.org —

www.namimultnomah.org
