



National Alliance on Mental Illness

NAMI Parent

Multnomah SUPPORT GROUP

Get support from those who have been there.

A free peer-led support group for parents & caregivers of children & adolescents experiencing mental health or behavioral challenges.

Schedule: First and third Wednesdays of each month

Time: 4:00 - 5:15 PM

Format: Online via Zoom



Scan here or visit
tinyurl.com/MultnomahPSG
to register!

NAMI Multnomah

www.namimultnomah.org

Resource HelpLine: 503-228-5692