

Online Support Groups

NAMI Oregon is conducting many of its peer-led adult support groups around the state online using the video conferencing platform Zoom. These groups are accessible from both mobile devices such as tablets and smartphones and from desktop and laptop computers. Joining with audio only is also possible from any phone. To register for a group meeting, download either the Zoom app (on mobile devices) or desktop client (on computers) and either click the registration link of the meeting you are interested in below or contact the local NAMI affiliate offering the group for instructions. Once you register you will receive an email with instructions for joining the meeting.

Learn more about NAMI's two support group programs by clicking on these links:

- [NAMI Connection Recovery Support Group](#)
- [NAMI Family Support Group](#)

NAMI Connection Support Groups Online

Open to adults 18 and older statewide who live with mental illness

- **Sundays 6-7:30 pm**
Registration URL: <https://zoom.us/meeting/register/upQldeGrqD0ugyewb1BflidiKa8NBHLLCQ>
- **Mondays 6-8 pm**
Registration URL: <https://zoom.us/meeting/register/vpUkdOGprTljtWZCfRFHf7GvOYx-rH1bmg>
- **Tuesdays 1:30-3 pm**
Registration URL: <https://zoom.us/meeting/register/uYodeGoqjoppJ7PcvOZcoemZEPwsHScrQ>
- **2nd Tuesday of every month 7:30-9 pm**
Registration URL: <https://zoom.us/meeting/register/vJEuc-utqjsifxVVqo4uYZrqmo3qehkFmg>
- **Wednesdays 2-3:30 pm**
Registration URL: <https://zoom.us/meeting/register/uJQlce6urjkpjhXtBfQvAl-uVIqH-mZbJw>
- **Wednesdays 6:30-8:30 pm**
Registration URL: <https://zoom.us/meeting/register/upcvcOmrrDkpSG6jpaSYt1wPowZxrKWAag>

NAMI Family Support Groups Online

Open to adults 18 and older statewide who have a family member or loved one who lives with mental illness

- **1st Monday of every month 6:30-8 pm**
Registration URL: <https://zoom.us/meeting/register/tJloceGhrjgqV2UKqP0Hn0jiECyEs5PJWQ>
- **2nd Tuesday of every month 7:30-9 pm**
Registration URL: https://zoom.us/meeting/register/v5MqduCoqDMq_eh3jZ6NKKlgprUSewDedQ
- **3rd Tuesday of every month 5:15-6:45 pm**
Registration URL: <https://zoom.us/meeting/register/v5caqf-ytrDMuo1X5n-Cto13-sdA1c4l-Sw>
- **Every Thursday 7-9 pm**
Registration URL: <https://zoom.us/meeting/register/tZMoc-GhrDoiw6Y9iYUmpf78cU2MLWDcRA>
- **Last Thursday of every month 5:30-6:45 pm**
Registration URL: <https://zoom.us/meeting/register/tJUpcumsrDItAeeAYSoQ5dmFPuwAi4EXcg>
- **1st Saturday of every month 10-11:30 am**
Registration URL: <https://zoom.us/meeting/register/v5Aude6gpz4qg6rcAXLQERijDvA3RjUHww>
- **3rd Saturday of every month 9-10:30 am**
Registration URL: https://zoom.us/meeting/register/tZApdemgrDoqvpvmKyUrtk6TRobQmJ2_YQ

NAMI Parent Support Groups

Open to parents and other caregivers of children & adolescents with mental health and behavior issues statewide

- **Talk It Over Support Group - Sundays 4-6 pm**
Registration URL: https://zoom.us/meeting/register/uJUrcOGvpjkicxpCt2YAHaBOLSHYAxA_Ow
- **Multnomah Parent Support Group - Wednesdays 4 - 5:30 PM**
To register: Call NAMI Multnomah at 503-228-5692

Local Online Support Groups

Washington County NAMI Connection Support Groups

Open to adults 18 and older in Washington County who live with mental illness

TO REGISTER: Email erica@washconami.org

- **Sundays 1:30-3 pm**
- **Grief & Loss - Mondays 1-2 pm**
- **Schizophrenia+ - Mondays 3:30-4:30 pm**
- **Anxiety after Hours - Mondays 6-7 pm**
- **Hearing Voices – Tuesdays 3:30-4:30 pm**
- **Anxiety – Wednesdays 10:30 am -12 pm**
- **Women's Group – Wednesdays 12:15-1:15 pm**
- **Health & Well-Being - Thursdays 12:30-1:30 pm**
- **Men's Group - Thursdays 2-3 pm**
- **LGBTQ+ - Thursdays 5-6:30 pm**
- **Grief and Loss after Hours - Thursdays 7-8 pm**
- **Depression-Bipolar - Saturdays 12:45-2:15 pm**

Multnomah County NAMI Support Groups

Open to adults 18 and older who live in Multnomah, Clackamas, Washington, and Clark Counties

TO REGISTER: Call NAMI Multnomah at 503-228-5692

- **Family Support Group - Mondays 6-7:30 pm**
- **Veteran Peer Support Group, 2nd Wednesday of every month 6 -7:30 pm**
- **Spouses and Partners Support Group - Last Wednesday of every month 6:30 - 7:30 pm**

Marion-Polk Counties NAMI Connection Support Group

Open to adults 18 and older in Marion and Polk Counties who live with mental illness

TO REGISTER: Call NAMI Oregon at 503-230-8009

- **Mondays 5:30-7 pm**

Mid-Valley NAMI Family Support Group

Open to adults 18 and older in Linn and Benton Counties who have a family member or loved one who lives with mental illness

TO REGISTER: Call NAMI Oregon at 503-230-8009

- **1st & 3rd Tuesday of every month 7-8:30 pm**

Southern Oregon NAMI Support Groups

Open to adults 18 and older who live in Jackson and Josephine Counties

TO REGISTER: Call NAMI Oregon at 503-230-8009

- **Family Support Group - Wednesdays 5:45 - 7:30 pm**
- **Connection Support Group - Thursdays 5:30-7 pm**