**MONDAYS**

**Connection & Substance Use Disorder Support Group**
Every Monday, 4:00 - 5:30 PM
www.namiswwa.org/connsud

Open to all adults (18+) living with a mental health condition and co-occurring substance use disorder.

**WEDNESDAYS**

**Women’s Connection Support Group**
Every Wednesday, 10:00 - 11:30 AM
www.namiswwa.org/women

Open to adult (18+) women living with a mental health condition.

**STRive - Steps To Recovery Class**
Open to adults (18+) living with a mental health condition wanting to jumpstart their mental illness recovery.

  **Lesson 5 - Managing Anger**
  1st Wednesday, 2:00 - 3:30 PM
  www.namiswwa.org/strivelwed

  **Lesson 6 - Managing Stress**
  3rd Wednesday, 2:00 - 3:30 PM
  www.namiswwa.org/strive3wed

**THURSDAYS**

**Connection Recovery Support Group**
Every Thursday, 3:00 - 4:30 PM
www.namiswwa.org/connection

Open to all adults (18+) living with a mental health condition.

**FRIDAYS**

**Creative Writing Group**
Every Friday, 12:00 - 1:30 PM
www.namiswwa.org/swwawriting

Open to all adults (18+) who want to socialize with others and share writing. All levels of expertise accepted.

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All support groups are confidential, led by peers with their own lived experience.

For more information, visit our website at www.namiswwa.org/support-groups.
May 2021

TUESDAYS

Family Support Group
1st Tuesdays, 6:30 - 8:00 PM
www.namiswwa.org/fsg1tues

Family Support Group
3rd Tuesdays, 6:30 - 8:00 PM
www.namiswwa.org/fsg3tues

Open to all adults (18+) who have a loved one living with a mental health condition.

Important numbers:
SW WA Crisis Line: 1-800-626-8137
National Suicide Prevention Lifeline: 1-800-273-8255
Youth Crisis Line: 1-877-968-8491
NAMI Helpline: 1-800-950-NAMI (6264)
CVAB Warmline (4-12AM): 360-903-2853

All support groups are confidential, led by peers with their own lived experience.

For more information, visit our website at www.namiswwa.org/support-groups.

THURSDAYS

Family Support Group
Every Thursday, 3:00 - 4:30 PM
www.namiswwa.org/fsgthurs

Open to all adults (18+) who have a loved one living with a mental health condition.

Parent Support Group
For Parents & Caregivers of Teens & Young Adults
2nd Thursdays, 6:30 - 8:00 PM
www.namiswwa.org/fsg2thurs

Parent Support Group
For Parents & Caregivers of Teens & Young Adults
4th Thursdays, 6:30 - 8:00 PM
www.namiswwa.org/fsg4thurs

Open to all parents and caregivers (18+) who have a teen or young adult living with a mental health condition.

This spring, all roads lead to NAMIWalks Your Way: A United Day of Hope with the destination as always being "Mental Health for All."

Even if you're isolated geographically, we'll be united in our hearts. Depending on the local programming on May 22, you can watch inspirational, engaging livestreams or join in a mental health conversation with other like-minded crusaders.

You can join our Team! Join our NAMIWalks NW Team here: https://www.namiwalks.org/team/41498.

Or you can create your own team! Go to https://www.namiwalks.org and click "Find a Walk" and search for "Northwest" in Portland, OR. We participate in the Oregon walk since we're right across the bridge.

If you've registered for the Walk before, you will have to log in. If this is your first time, you'll have to create an account.