



Current Support Groups and Workshops as of May 2021

### **Mondays:**

#### **ADD/ADHD 11:00 AM-12:00 PM**

Our group's goal is to learn about ADHD so we can understand it and manage it. Fortunately, there are many benefits when you understand it. We meet in an atmosphere of kindness, compassion, and empathy.

#### **Co-Occurring Group 2:00-3:00 PM**

This is a support group for those with mental health challenges who have a history of substance use. Open to all regardless of whether they identify as having substance abuse disorder or whether they are seeking complete abstinence from mind-altering substances.

#### **Anxiety \*After Hours 6:00-7:00 PM**

Anxiety After Hours is a peer support group where we support each other by making community and being compassionate with one another. We discuss and share our experiences with anxiety and other mental health challenges. While the group does focus on anxiety discussion/support, the group is open for and often does, discuss a variety of mental health challenges and life experiences.

Everyone dealing with mental health challenges of any kind is welcome.

### **Tuesdays:**

#### **Solutions Group 11:00-12:30 PM**

This is a group that focuses on what is working for our peers already and adds and offers additional skills through sharing experiences. Finding solutions for mental health challenges and isolation together.

#### **PeerZone Workshop 3:00-4:30 PM**

In Partnership with MHA AO, NAMI Washington County is pleased to offer PeerZone. PeerZone Workshops are a series of peer-led workshops for people who experience mental distress and addiction. The workshops provide a fun, interactive and safe structure for participants to share their experiences, learn self-management and expand their horizons.

**Family Support Group 6:45-8:30 PM**

*(\*Second, Third and Fourth Tuesday of every month)*

NAMI Family Support Groups are peer-led support groups for adults with a loved one who has experienced symptoms of mental illness. All groups are facilitated by trained individuals who are family members of people with mental health conditions.

*\*In-Person Connections Support Group: See location details below*

**Wednesdays:**

**Anxiety 11:00 AM-12:00 PM**

This group focuses on Anxiety and other mental health challenges.

**Women's Support Group-12:30-1:30PM**

Women, coming together to share their mental health challenges through their own lived experiences or struggles. We are women using group wisdom to make connections by supporting each other.

**Family Support Group 6:45-8:30 PM**

*(\*First Wednesday of every month)*

NAMI Family Support Groups are peer-led support groups for adults with a loved one who has experienced symptoms of mental illness. All groups are facilitated by trained individuals who are family members of people with mental health conditions.

**Thursdays:**

**Men's Support Group 2:00-3:00 PM**

We are a group of men with mental health challenges/struggles who find support through sharing experiences, discussing them, and building community with each other.

All people who identify as a man with mental health challenges are welcome.

Our group welcomes all men of different gender expression, sexual orientation, and trans-men.

At group, we begin by reading the group guidelines/principles of support, do a check-in, and discuss what comes up.

**LGBTQ+ 5:00-6:30 PM**

This group is a welcoming place for all who identify anywhere along the LGBTQ+ spectrum.

Conversations include any mental health concerns, challenges of being part of the queer community, every day struggles and most important laughter. Our goal is to provide a safe space to spend time together.

**Social Connections \*After Hours 7:00-8:00 PM**

After-hours social connection, Connections after-hours social group is, as advertised, an after-hours peer-led group for those looking to share some time with others living with mental health concerns. A NAMI Connections "lite". While the group can focus on mental health in a safe and supportive way, it also allows for a broader range of topics to share in a more casual setting.

**Fridays:****Free Form Friday 2:00-1:00 PM**

This is a group that is just that free form, it is a little different in that it is not as formal as most of our other groups. We have the freedom to have conversations and discussions that revolve around our mental health experiences. We utilize group wisdom for anyone who may need added support. This is a great group to get to know others who share similar experiences.

**Saturdays:****Depression/Bipolar 12:30-2:15 PM**

Welcome, the Depression/Bipolar group is a group with like concerns and stories. A place where you can share your thoughts in a safe manner and get group input if desired. The facilitators are peers there to support you in a safe environment of mutual support. Participation is safe and confidential and you are free to listen if desired. Facilitators are peers in a common experience. It's a day-to-day struggle and this group is here to support you and listen. It's nice to know we're not alone in the challenges we face every day! Hope to see you Saturdays at 12:30 and meet you. Ken, Carr, and Ron.

**Sundays:****Connections 1:30-3:00 PM**

Sunday connections, Connections is a peer-led adult support group where one can be heard, contribute, and feel supported. To share experiences and gain insight in a safe, confidential space with others living with any mental health concerns. We strive to help each other learn as a community, have productive, non-judgmental conversations about some of the hardest issues a person can encounter in their lives, and maybe feel a little bit better for having been a part of it.

**In-person group:**

**Tuesdays** from 6 to 7:30 PM

At the First Congregational Church 494 E Main St. Hillsboro, OR

Located at the corner of 5th and Main in Downtown Hillsboro, a block north of the Washington St. MAX Station (Parking lot and street parking available)

☆ COVID Safety Measures; Regular cleaning and sanitizing are taking place at the church.

This location is accessible to people of different abilities. If you have accessibility needs, particularly wheelchair access, please email ShelleyTurner at [shelley@washconami.org](mailto:shelley@washconami.org) prior to the group.

\*\*Please visit our website for the most up to date information on groups/workshops, to join any group or workshop when they meet, and more at: [washconami.org](http://washconami.org)