



## NAMI CLACKAMAS

is a grassroots organization dedicated to improving the quality of life for everyone impacted by mental health issues through support, education, and advocacy.

## OUR VISION

Hope, health, acceptance and community for everyone impacted by mental illness.

### FREE SUPPORT GROUPS ONLINE

*Groups are offered on a drop-in basis, facilitated by individuals who have lived experience.*

#### NAMI CONNECTION PEER SUPPORT

A weekly support group for people living with a mental health condition.

#### FAMILY SUPPORT GROUP

A monthly support group for family members, partners and friends of individuals living with a mental illness.

For more online support groups, visit: [www.namicc.org/support-groups](http://www.namicc.org/support-groups)

### FREE EDUCATION CLASSES ONLINE

*All classes are taught by trained volunteers who have lived experience. Pre-registration required.*

#### NAMI BASICS

A 6-session class for parents and other family caregivers of children and adolescents who have either been diagnosed with a mental health condition or who are experiencing symptoms but have not yet been diagnosed.

#### FAMILY-TO-FAMILY (ALSO AVAILABLE IN SPANISH)

An 8-session class for family members, partners and friends of individuals living with a mental illness.

#### PEER-TO-PEER

An 8-session recovery education course open to anyone experiencing a mental health challenge.

Register for classes at: [www.tinyurl.com/namiclasses](http://www.tinyurl.com/namiclasses)

### FREE PRESENTATIONS ONLINE

Contact NAMI Clackamas to schedule a presentation for your business, school, class, church, or other organization.

#### ENDING THE SILENCE

3 versions for **students, families, & school staff**. An engaging presentation that helps audience members learn about the warning signs of mental health conditions & what steps to take if you or a loved one are showing symptoms of a mental illness.

#### COMPARTIENDO ESPERANZA

A bilingual presentation for Latinx communities designed to promote mental health awareness, explore signs & symptoms of mental health conditions, and highlight how & where to find help.

#### IN OUR OWN VOICE

A presentation for the general public to promote awareness of mental illness and the possibility of recovery, featuring speakers with lived experience.

#### CUSTOM PRESENTATIONS

Need something specific for your church, service organization, conference or workplace? Contact us for a speaker to meet your needs!

### FREE RESOURCE SERVICES

#### PEER RESOURCE CONNECTION (PERC)

1-to-1 resource assistance for those living with a mental illness, and their loved ones. PeRC can help to navigate complex systems of service, apply for public benefits, and accessing community resources.

#### NAMI CLACKAMAS NEWSLETTER

Ordered free upon request, electronic or paper, to keep you updated on the latest happenings.

#### LENDING LIBRARY

Located at the NAMI Clackamas office in Milwaukie. Access to a variety of mental health resource books, tools, and information.

### ADVOCACY

Join NAMI Clackamas as we continue to be an agent of change in our community through involvement in county, state and national public policy. Work with us to educate the community and eliminate the stigma and discrimination faced daily by ourselves and our loved ones.

## FIND HELP

Access free resources for you or someone you care about.

[www.namicc.org/resources](http://www.namicc.org/resources)

## FIND HOPE

If you or someone you know is struggling, you are not alone. There are many supports, services and treatment options that may help.

[www.namicc.org/programs](http://www.namicc.org/programs)

## GET INVOLVED

NAMI offers the understanding that only those with lived experience can provide. Join hundreds of volunteers who make a difference in our community

[www.namicc.org/volunteer](http://www.namicc.org/volunteer)

## TAKE ACTION

Your donation supports individuals and families in our community who live with mental health concerns. Donate today.

[www.namicc.org/donate](http://www.namicc.org/donate)

## JOIN THE MOVEMENT

Become an official NAMI member today!

[www.nami.org/get-involved/join](http://www.nami.org/get-involved/join)



“NAMI managed to shatter that glass bubble of stigma and denial we had been living in. I was able to see that the things we were experiencing were not unique. There were reams and reams of information available to help educate me about what my daughter was going through and how other families were coping.”

ELAINE T.  
MOTHER & FAMILY-TO-FAMILY GRADUATE