



National Alliance on Mental Illness

# NAMI | Multnomah

## Community Circle of Support Through Interactive Sound Healing

A space for healing through sound and movement. All are welcome to come play, let loose, or sit back and enjoy the sounds.

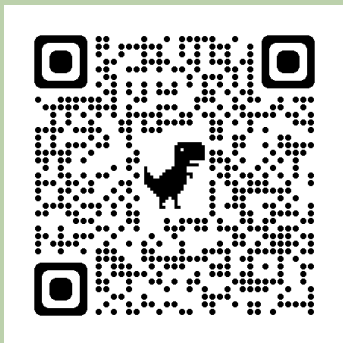


**Schedule:** Second and fourth Tuesday of each month

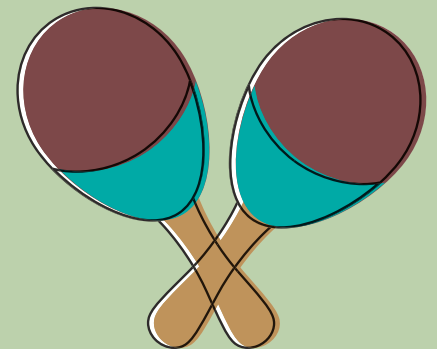
**Time:** 6:15 PM - 8:15 PM

**Location:** Rose City Park Presbyterian Church (1907 NE 45th Ave), in the library. Enter through the parking lot on NE 44th & NE Sandy, follow the ramp up to the office door.

A variety of percussion instruments will be available to use, or you may bring your own! No experience necessary.



Scan the QR code to register, or call the NAMI Multnomah HelpLine at 503-228-5692.



See all of our community events, classes, and support groups online at [namimultnomah.org/events](https://namimultnomah.org/events)