

support, education and advocacy for people living with mental illness and their families



## Visit the Audubon Society of Portland with your NAMI friends! Saturday October 26, 2019 from 1:00 - 4:00 PM

We will meet near the visitor center at [5151 NW Cornell Road in Portland](#)

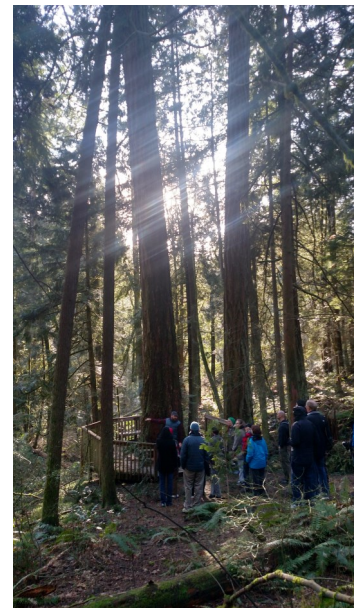


NAMI is the National Alliance on Mental Illness; we are the nation's largest grass roots mental health organization. We started this program in January 2015 to actively support community mental health while enjoying good company in the wonders of nature!

**Our pace will be “conversational” to match our most leisurely team member.**

### Important Details

Bathrooms	Flush toilets near the trailhead. WooHoo!
Dogs, pets	<b>Absolutely No Pets allowed!</b>
Parking	Free, but limited, so arrive early.
Fees	No entry or parking fees.
Trail conditions	<b>Good; though some are uneven and may be muddy!</b>
Length	About 2 miles with moderate hills!
Social time	At the Visitor Center following the hike.
Highlights	<b>Interpretive tour with Tim Donner; Audubon environmental educator.</b>



**Contact hike leader Paul D Underwood with questions or to RSVP  
503-577-9386 or [U.Dogg.U@Gmail.com](mailto:U.Dogg.U@Gmail.com)**