



National Alliance on Mental Illness

# NAMI Multnomah

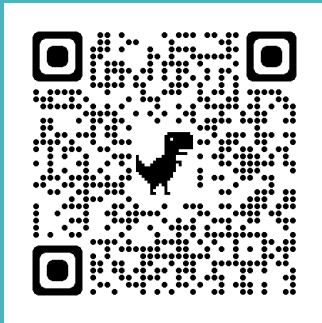
# Young Adult LGBTQ+ Peer Support Group

A peer-led mental health support group for LGBTQ2SIA+ individuals ages 18-30. This group is offered free of charge on a drop-in basis.

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

**Time:** 7:00 - 8:30 PM Pacific Time

**Format:** Online via Zoom



Scan here or visit [tinyurl.com/YALGBTQGROUP](https://tinyurl.com/YALGBTQGROUP) to register and receive the link to join the meeting.



Questions? Call the NAMI Multnomah HelpLine at **503-228-5692** or email [info@namimultnomah.org](mailto:info@namimultnomah.org).