

Virtual support groups Bend Oregon.

Abilitree Virtual support groups are being offered in response to COVID-19 precautions. Join us weekly. We'd love to see you!

Weekly Support Groups

Wednesdays 2-3PM: Women with disabilities support group

Thursdays 2-3PM: Virtual hangout for all

Thursdays 4-5PM: Moving Ahead – Traumatic brain injury support group

Please email Brooke Eldrige, brookee@abilitree.org, for Zoom link or call in number.

Partners In Care Grief Programs and Support Groups

Spousal Loss Support Group

A support group for men and women who have lost a spouse or significant other. This eight-week group will provide a safe place for individuals to share the journey toward healing after the death of a partner. **8-week series begins August 11. Tuesdays from 10:30 – Noon. Registration required. This is a virtual group.**

General Grief Support Group

Reinvesting in life after loss is less painful when the journey is shared with others. In this eight-week group participants will find hope, connection, and solace together. **9-week series begins August 13. Thursdays from 10:30 – Noon. Registration required. This is a virtual group. This is a virtual group.**

Mindfulness and Grief Class

The ten-week class defines mindfulness and offers instruction on managing the grief process with mindfulness tools such as present moment awareness and meditation. **10-week series begins August 10. Mondays from 2:00 – 3:30 PM. Registration required. This is a virtual group.**

Please see our Calendar at [this link](#) for more details. Please call Carla to preregister at (541) 382-5882. All groups are open to the community at no cost.

NAMI-CO's virtual support groups are open to all.

Please download the free Zoom app on your phone, tablet or laptop and link to them. Once you have the app, at the meeting start time, click on the link and your app will open; click on "join the conversation."

FAMILY SUPPORT GROUPS

Bend Family Support Group: third Tuesday of Every Month, 5:15PM – 6:45PM.
Contact Bud Manley: manleypenman@aol.com.

Bend Family Support Group: last Thursday of every month, 5:15-6:45.
Contact Catherine: catherine@steffano.org.
Meeting ID: 914 504 297
Password: 002702

Redmond Family Support Group: First Saturdays, 10:00-11:30AM.
Contact Linda: longjourneyhome40@gmail.com.
Password: 720700

CONNECTIONS PEER SUPPORT GROUPS

Bend Connections Peer Support Groups: Every Monday from 7-9 PM via Zoom.
Open to adults 18 and older in Deschutes, Crook, and Jefferson Counties who live with mental illness. TO REGISTER: Call NAMI Oregon at 503-230-8009

Connections: Thursdays at 10:30 AM.
Contact: Janet Marie- 541-408-8675 or Joe at 541-640-9069.

The following NAMI-CO volunteers are available for those needing support while our group gatherings are suspended:

General Help: namicentraloregon@gmail.com

For Family Support:

Bud Manley: manleypenman@aol.com

Catherine Steffano: 512-784-4066 or catherine@steffano.org

Michael Steffano: michael@steffano.org

Roger Olson: 541-480-1960 or rogero@bendbroadband.com

Karenlynn Lessard: 503-913-3905 or karless2003@yahoo.com

Kelly Harrild: 541-280-0582 or kellygar1@gmail.com

Linda Shaw: 541-279-0589 or longjourneyhome40@gmail.com

For Peer Support/Connections:

General: David Romprey Warmline 800-698-2392 7 days a week 9AM to

11AM- Just to talk

Marcia Miller: 541-480-8269 or marshmiller@live.com

Andrea Rematore: 480-772-8915 or andrearem2855@gmail.com

Janet Zapata: 541-408-8675

Also, for those who are at risk or self-quarantining and unable to shop, Josh Hansen has offered to run necessary errands: 541-678-0756.

Saving Grace

Domestic Violence Support Group: Women Support group. Ind needs to call 541-389-7021 before ind can join support group. Prescreening intake required for connection of on line zoom call.

Meet Up Bend Oregon – ind goes on line and looks at support groups and can sign up some are free and some groups have fees. I have personally used group and have had great experience with the ladies fly fishing group.

No matter what you're going through in the time of the coronavirus, you don't have to face it alone. Communities on Meetup support each other and you can make meaningful connections when they matter most.

Online or safely in person, create a safe space for support and begin your wellness journey.