

Virtual Support Groups in Bend OR (Updated 10/14/2022)

Healing heARTS Counseling

“Young Adult Support Group and Adult Support group”

“During group sessions, we will discuss school or work stress, anxiety, depression, coping skills, time management, and more, We will use expressive arts and activities to explore and process these topics and find new ways to manage these challenges. These groups will meet online every other week.”

“Fees for group are \$30 per session, and we will not be billing insurance”

Visit Groups | [healinghearts \(healingheartscounselor.com\)](http://healinghearts.com) to learn more, or call 541-668-7613

NAMI Family Support Group

NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.

NAMI’s support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

For more information, contact info@namicentraloregon.org

Family Support Groups (For Residents of Central Oregon
TO REGISTER: Call NAMI Oregon at 503-230-8009
Connection Support Group Mondays 7 - 9 pm)

1st Saturdays, 10-11:30 AM

Meets once a month on the 1st Saturday from 10 AM to 11:30 AM

Register via Zoom for 1st Saturdays

2nd Tuesdays, 5:15-6:45 PM

Meets once a month on the 2nd Tuesday from 5:15 PM to 6:45 PM

Register via Zoom for 2nd Tuesdays

Last Thursdays, 5:15-6:45 PM

Meets once a month on the last Thursday from 5:15 PM to 6:45 PM

Register via Zoom for last Thursdays

NAMI Connection

(For Residents of Central Oregon)

TO REGISTER: Call NAMI Oregon at 503-230-8009

Connection Support Group Mondays 7 - 9 pm)

NAMI Connection Recovery Support Group is a free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.

NAMI's support groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

Connections Peer Support Group: Mondays, 7-9 PM

Meets every Monday from 7 PM to 9 PM via Zoom

Open to adults 18 and older in Deschutes, Crook, and Jefferson Counties who live with mental illness

To register for Connections Peer Support Group, call NAMI Oregon at 503-230-8009

Weekend food and body workshops

Nancy Curfman

Friday and Saturday retreats, offered quarterly, to find lasting peace with body and food. Creative and effective approach that brings relief, hope and helpful strategies for change. Safe, caring and soothing environment. Even some laughter!

For more details, call 541-504-6581

Saving Grace

Domestic Violence support group. Call 541-389-7021 (English) or 541-383-6783 (Spanish) to learn more.

Community Counseling Solutions

David Romprey Oregon Warmline 1-800-698-2392 Intentional Peer Support (IPS)

Offer peer phone assistanc. We focus on building relationships that are mutual, explorative, and conscious of power. We won't try to "fix" you, but we would love to connect with you to listen, share, and learn with you as we both move forward in our life journeys.

Advocates Virtual Support Groups

www.advocates.org

If you have any questions, please reach out to Keith Scott, Vice President of Peer Support and Self-Advocacy, at KScott@Advocates.org or (508) 259-1080, or the group facilitator. If you require an ASL interpreter, please contact Sharon Hirt, SMacLean@Advocates.org.

General Peer Support: This group is a place to share and find resources available in the community

Alternatives to Suicide Peer Support Group: Safe space to process and safely share struggles with feelings and thoughts of suicide

Music Jam: Bring your own instruments, voices, poetry, and more to share in this musical group!

Exploring alternative ways of healing: A safe space that allows discussion of alternative treatments and wellness solutions

Withdrawing from Psych Meds: This group allows individuals to talk about exploring getting off their psychiatric medications safely and with support from their peers.

Hearing voices and other unusual experiences: Discussions about living with experiences (auditory and visual) that others may not experience and that we may not understand.

General Peer Support (Deaf individuals or those fluent in ASL) Mindful Singers: A safe space for deaf individuals and those fluent in American Sign Language to receive general peer support. Topics are as varied as the guests that arrive. In some instances, we are exploring mindfulness and the journey of finding our way back to ourselves