

NAMI Multnomah Veteran Support Group

A free, drop-in, peer-led support group for Veterans and Active/Prior Military Service Members. This group will focus on the topics of PTSD and Moral Injury.

Moral Injury: *Damage done to one's conscience or moral compass when that person perpetrates, witnesses, or fails to prevent acts that transgress one's own moral beliefs, values, or ethical codes of conduct.*

Join together to learn about resources and gain insight from hearing the challenges and successes of others.

Schedule: Every Thursday, 6:00 PM - 7:30 PM
Format: Online via Zoom

For meeting details, contact info@namimultnomah.org or call 503-228-5692.