

# May is Mental Health Awareness Month in Milwaukie!

YOU  
ARE  
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ALON  
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EDUCATION



SUPPORT



ADVOCACY

# YOU ARE NOT ALONE.

NAMI Clackamas is a grassroots, non-profit organization dedicated to improving the quality of life for everyone with mental health issues through education, support, and advocacy, offered free of charge, and delivered for and by people with lived experience since 1978.

**CLASSES**  
**SUPPORT**  
**GROUPS**  
**SEMINARS**  
**RESOURCES**



EDUCATION



SUPPORT



ADVOCACY

[www.namicc.org](http://www.namicc.org)