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## Online, Free Peer-Groups

## Diagnosis/Symptom-Specific Affinity Groups

### **Autism Group**

1st & 3rd Thursday of each month @ 3:30pm-6pm (PST)

A space for Autistic adults to build new friendships, expand social skills, and grow support systems with similar experienced individuals. Those questioning are welcomed, so are those self-diagnosed.

Please email [icrockett678@gmail.com](mailto:icrockett678@gmail.com) for the zoom link to join.

**Hosted by PeerSupportSpace:** <https://peersupportspace.org>

### **Neurokin**

Every Friday 6pm-7:30pm (PST)

A free weekly, drop-in, peer-led support group for neurodivergent people – diagnosed or self-diagnosed. Spend 90 minutes with community who experience the world through the ND prism and can understand our unique strengths and challenges. Neurodivergent definition: unique brains that view and experience the world differently from most of society. Examples include, but are not limited to, Autism, ADHD, BPD, Dyslexia, OCD. Open to any neurodivergent person, anywhere. Captioning will be available.

Email to Request Zoom Link: [neurodivergence@relationalcenter.org](mailto:neurodivergence@relationalcenter.org)

**Hosted by The Relational Center:** <https://www.relationalcenter.org/groups/neurokin/>

### **Hearing Voices**

Every Monday & Wednesday @ 12:30PM (PST)

Peer-led Hearing Voices groups are places where people can meet to talk about their voices, visions, and other unique or extreme experiences without fear of judgment.

<https://us02web.zoom.us/j/82718505172> Meeting ID: 827 1850 5172

**Hosted by Folktime:** <https://folktime.org/>

### **Suicide As A Language of Pain (SLOP)**

Every Friday @ 12:30PM (PST)

This peer-led meeting is designed and facilitated by survivors. Attendees may have experience of trying to die by suicide or be currently living with thoughts, visions, plans or aspirations to die by suicide. It is a safe and judgement-free place to talk about suicide or thoughts of suicide.

<https://us06web.zoom.us/j/86157569236> Meeting ID: 861 5756 9236

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**Hosted by Folktime:** <https://folktime.org/>

### **Alternatives to Suicide**

Every Wednesday from 5pm-6:30pm (PST)

Alternatives to Suicide is a free, non-judgmental, non-clinical, peer-led, and confidential drop-in space where people can share difficult thoughts and feelings without being assumed to have an illness or be assessed for involuntary intervention.

The phrase, “I feel suicidal” can hold many meanings. Having the space to openly explore the thoughts, feelings, and experiences underneath is often helpful in moving towards something different.

Facilitated by people with lived experience, these groups are not just for people who are actively suicidal, but for anyone who would benefit from a non-judgmental space to explore their thoughts and emotions with a group.

Meeting link: <https://zoom.us/j/94720480841> Meeting ID: 947 2048 0841

**Hosted by Yarrow Collective:** <https://www.yarrowcollective.org>

### **Neuromancers Constellations**

Neuromancer Constellations are non-judgemental, drop-in [Peer Solidarity](#) groups. All our groups are hosted on our [Discord](#) server where you can chat with others 24/7 in addition to frequent meet-ups over Zoom which are booked separately. Like the stars in constellations, we aim to connect neurodivergents across space and time.

Link to Disorder server: <https://www.neuromancersmagazine.com/discord>

Link to information and difference groups: <https://www.neuromancersmagazine.com/constellations>

**Hosted by Neuromancers:** <https://www.neuromancersmagazine.com/>

### **PTSD Support Group**

Every Wednesday from 7pm - 8:15pm (PST)

This is a support group for those who are looking for support amongst the community and peers.

Zoom meeting room ID: 357-996-4700

**Hosted by The PTSD Institute:** <https://fcpsych.com/ptsd-institute/>

### **Depression & Bipolar Support**

Every Tuesday from 7pm-8:30pm (PST)

First, we start with a check-in where we each share how our week went in terms of our mental health.

Then we have an open discussion about topics that came up in check-in or anything else the group decides to talk about. Oftentimes we share things that are helping us cope, experiences we've had with certain symptoms or aspects of our disorders, or particular challenges daily life presents for us. Then we end the meeting with a check-out where we each share one thing we plan to do in the following week to take care of ourselves and stay on a path to wellness.

To sign up scroll to the bottom of the following page <https://dbsawestportland.org/meetings/>

**Hosted by DBSA Portland:** <https://dbsawestportland.org/meetings/>

### **BPD (Borderline Personality Disorder) Group**

Four sessions are held at various times. Check out the link below to see the schedule.

This peer-led meeting is designed and facilitated by people who live with BPD in a caring and supportive environment. This organization is very affirming for folks with BPD.

Visit the following link for event dates and registration: <https://emotionsmatterbpd.org/peer-support-groups-registration>

**Hosted by EmotionsMatter:** <https://emotionsmatterbpd.org>

### **General Mental Health Difference Support Group**

2nd and 4th Tuesday from 3:30pm to 5pm

NAMI Connection Recovery Support Group is a free, peer-led support group for any adult who has experienced mental health differences. 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.

[Link to sign up](#)

**Hosted by NAMI Multnomah:** <https://www.namimultnomah.org/>

### **OCD Writing Group**

This group is ran in 8 week sessions.

This writing club is founded in the hope of helping OCDers to redirect their "OCD energy" into a mental task of writing personal narratives and offering a space where OCDers feel achieved, connected, and valued by writing and sharing their personal narratives about their OCD with other members. The group is founded by a writing professor who has OCD.

Email Youngji Son (son.191@osu.edu) to get date of next session and sign-up

**Ran by professor of writing (link to his OCD story):** <https://drive.google.com/file/d/1Yz1TYSfvi->

man by professor of writing (link to his OCD story): [https://artwritingjournal.com/journal/11/1/1917\\_k9KMeBCGGF5GyIWDnksyYs/view?usp=sharing](https://artwritingjournal.com/journal/11/1/1917_k9KMeBCGGF5GyIWDnksyYs/view?usp=sharing)

**Link to work of group:** <https://ocdwritingcommunity.wixsite.com/ocdwriteshare>

### **Sage & Spoon: BIPOC Disordered Eating Peer Group**

Every last Wednesday of the month at 5pm-6:30pm (PST)

FOR WHO: Black, Indigenous, People of Color (BIPOC)

WHAT: Free online monthly peer support group for folks struggling with disordered and body-image.

WHEN: Every last Wednesday of the month at 5pm PST/ 8pm EST. Dates may change due to holidays. Sign up for email alerts for updates.

WHERE: Zoom (use form in linked below "How to access")

Register at: <https://view.flodesk.com/pages/6034c93ab05f947555945088>

More info: <https://www.nalgonapositivitypride.com/sage-and-spoon>

**Hosted by Nalgona Positivity Pride:** [nalgonapositivitypride.com](http://nalgonapositivitypride.com)

## ***BIPOC-Specific Groups***

### **Your Black Matters**

Last Wednesday of each month @ 4pm-5pm (PST)

A space led for and by the Black Community in order to hold space and give one another support. ALL Black people are welcome, there is no such thing as “not Black enough” -- if you identify as Black, you are Black, and you are welcome.

Zoom link: [zoom.us/j/87351503479](https://zoom.us/j/87351503479) Meeting ID: 873-5150-3479

**Hosted by Maven Leadership:** <https://mavenleadership.org/>

### **QTPOC (Queer/Trans People of Color) Support Space**

Every Monday @ 5PM (PST)

A virtual group for queer and trans BIPOC. Fireweed Collective offers mental health education and mutual aid through a Healing Justice and Disability Justice lens. We support the emotional wellness of all people and center QTBIPOC folks in our internal leadership, programs, and resources.

Register at: <https://fireweedcollective.org/support-groups/>

**Hosted by Fireweed Collective:** <https://fireweedcollective.org/>

**Black LGBTQ+ Space**

2nd & 4th Saturday of each month @ 9am-10am (PST)

This is a peer-led space for Black LGBTQ+ community. We hold space for ALL Black LGBTQ+ community, if you live at the intersection of being Black and LGBTQ+ you are welcome in this space.

Register at: <https://blacklgbtspace.eventbrite.com>

**Hosted by PeerSupportSpace:** <https://peersupportspace.org>

**Lotus (Asian LGBTQ+)**

2nd Wednesday of each month @ 4pm-5pm (PST)

A space for LGBTQ+ Asians to forge community, friendships, and discuss topics This group welcomes all those of all Asian backgrounds. Email [bryanthuynguyen@gmail.com](mailto:bryanthuynguyen@gmail.com) for additional socials this space has!

Email [psslotus@gmail.com](mailto:psslotus@gmail.com), Subject line: "LOTUS INFO" for link to join

**Hosted by PeerSupportSpace:** <https://peersupportspace.org>

**BIPOC Spooned Out & Plugged In (Disabled/chronically ill/neurodivergent peer space)**

Every Saturday @ 11AM (PST)

A virtual peer group for BIPOC disabled, chronically ill, and neurodivergent folks. Fireweed Collective offers mental health education and mutual aid through a Healing Justice and Disability Justice lens.

Register at: <https://fireweedcollective.org/support-groups/>

**Hosted by Fireweed Collective:** <https://fireweedcollective.org/>

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WHERE: Zoom (use form in linked below "How to access")

Register at: <https://view.flodesk.com/pages/6034c93ab05f947555945088> More info: <https://>

[www.nalgonapositivitypride.com/sage-and-spoon](https://www.nalgonapositivitypride.com/sage-and-spoon)

**Nalgona Positivity Pride:** [nalgonapositivitypride.com](https://nalgonapositivitypride.com)

### **Healing Verses (BIPOC poetry crafting peer space)**

Every Tuesday @ 10AM (PST)

A Healing Justice approach to collective poetry crafting for BIPOC folks inspired by Trelani Michelle. Fireweed Collective offers mental health education and mutual aid through a Healing Justice and Disability Justice lens. We support the emotional wellness of all people and center QTBIPOC folks in our internal leadership, programs, and resources.

Register at: <https://fireweedcollective.org/support-groups/>

**Hosted by Fireweed Collective:** <https://fireweedcollective.org/>

## **Queer-Affinity Groups**

### **Under the Umbrella**

Every Monday @ 12PM (PST)

A peer support group for transgender, non-binary, and gender nonconforming people with lived experience with mental health, trauma, or substance use history to connect, share, and relate.

Email [kfogg@kivacenters.org](mailto:kfogg@kivacenters.org) for the group link

**Hosted by** [kivacenters.org](https://www.kivacenters.org)

### **Guy's Chat (Transmen and trans masculine folk)**

**3rd Saturday @ 1pm-2:30pm (PST)**

Guys Chat is a peer support group for trans men and the trans masculine community. Guys Chat meets on the 3rd Saturday of every month from 1pm to 2:30pm PST via online video conference.

For more information, email: [malcolm@relationalcenter.org](mailto:malcolm@relationalcenter.org). Zoom link <https://us02web.zoom.us/j/86422774678>

**Hosted by** <https://www.relationalcenter.org>

### **QTPOC (Queer/Trans People of Color) Support Space**

Every Monday @ 5PM (PST)

A virtual group for queer and trans BIPOC. Fireweed Collective offers mental health education and mutual aid through a Healing Justice and Disability Justice lens. We support the emotional wellness of all people and center QTBIPOC folks in our internal leadership, programs, and resources.

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Register at: <https://fireweedcollective.org/support-groups/>

**Hosted by Fireweed Collective:** <https://fireweedcollective.org/>

### **Black LGBTQ+ Space**

2nd & 4th Saturday of each month @ 9am-10am (PST)

This is a peer-led space for Black LGBTQ+ community. We hold space for ALL Black LGBTQ+ community, if you live at the intersection of being Black and LGBTQ+ you are welcome in this space.

Register at: <https://blacklgbtspace.eventbrite.com>

**Hosted by PeerSupportSpace:** <https://peersupportspace.org>

### **Lotus (Asian LGBTQ+)**

2nd Wednesday of each month @ 4pm-5pm (PST)

A space for LGBTQ+ Asians to forge community, friendships, and discuss topics This group welcomes all those of all Asian backgrounds. Email bryanthuynguyen@gmail.com for additional socials this space has!

Email psslotus@gmail.com, Subject line: "LOTUS INFO" for link to join

**Hosted by PeerSupportSpace:** <https://peersupportspace.org>

### **Trans Women & Nonbinary Femmes Weekly Hangout**

Wednesdays 7:00 pm - 8:30 pm (PST)

For people 18 years or older from anywhere in Oregon with a trans-femme facilitator.

<http://bit.ly/2Lvb8qA>

**Hosted by Brave Space:** <https://www.bravespacellc.com/supportgroups>

### **People of Marginalized Genders:(Nonbinary people, Transmen, Queer Women) (Butterfly Talks)**

2nd Thursday of each month @ 3:30pm-5pm (PST)

This is a space to build friendships and a sense of community for LGBTQ+ people of marginalized genders including (all) queer women, nonbinary friends, and trans men. This includes those that are questionings, multiple gender loving, asexual, or ANY label under the LGBTQ+ umbrella.

Email yasmin@peersupportspace.org to register

Hosted by PeerSupportSpace: <https://peersupportspace.org>



### **Trans Book Club**

2nd Thursday of each month @ 3:30pm-5pm (PST)

A virtual book club for trans folks & books with trans representation.

Register at: <https://www.basicallywonderful.online/calendar>

**Hosted by BasicallyWonderful:** <https://www.basicallywonderful.online>

### **QTPOC (Queer/Trans People of Color) Support Space**

Every Monday @ 5PM (PST)

A virtual group for queer and trans BIPOC. Fireweed Collective offers mental health education and mutual aid through a Healing Justice and Disability Justice lens. We support the emotional wellness of all people and center QTBIPOC folks in our internal leadership, programs, and resources.

Register at: <https://fireweedcollective.org/support-groups/>

**Hosted by Fireweed Collective:** <https://fireweedcollective.org/>

## **Disability Affinity Groups**

### **Spooned Out & Plugged In(Disabled/chronically ill/neurodivergent peer space)**

Every Saturday @ 1PM (PST)

A virtual peer group for disabled, chronically ill, and neurodivergent folks. Fireweed Collective offers mental health education and mutual aid through a Healing Justice and Disability Justice lens.

Register at: <https://fireweedcollective.org/support-groups/>

**Hosted by Fireweed Collective:** <https://fireweedcollective.org/>

### **BIPOC Spooned Out & Plugged In (Disabled/chronically ill/neurodivergent peer space)**

Every Saturday @ 11AM (PST)

A virtual peer group for BIPOC disabled, chronically ill, and neurodivergent folks. Fireweed Collective offers mental health education and mutual aid through a Healing Justice and Disability Justice lens.

Register at: <https://fireweedcollective.org/support-groups/>

**Hosted by Fireweed Collective:** <https://fireweedcollective.org/>

**Disability (Is Not a Bad Word)- A Virtual Gathering**

1st and 3rd Tuesday of each month @ 9am-10am (PST)

Disability (Is Not a Bad Word) is a peer-led space to build support and friendship.

Register at: <https://www.basicallywonderful.online/calendar>

**Hosted by BasicallyWonderful:** <https://www.basicallywonderful.online/>

**Disability Justice Coffee Hour**

2nd and 4th Tuesday of each month @ 10:30PM - 11:30AM (PST)

Disability Justice Coffee Hour is a casual social event for Disabled people. We gather monthly to talk about Disability issues, or whatever we feel like. Join us! ASL and CART provided.

Please email [disabilityjustice@theuprisecollective.org](mailto:disabilityjustice@theuprisecollective.org) for more information on registration.

**Hosted by Uprise Collective:** <http://www.theuprisecollective.org/>

**Chronic Illness & Disability Peer Support Group**

Every 1st and 3rd Thursday from 3:30pm-5pm (PST)

A free peer-led virtual group for people with chronic illness and disabilities to build community and hold space for each other. Anyone 18 or older who has disabilities or chronic illnesses can join. For questions, please email: [alison.dawson@yarrowcollective.org](mailto:alison.dawson@yarrowcollective.org). Questions? Email:

[info@yarrowcollective.org](mailto:info@yarrowcollective.org). For more immediate response for any tech issues, text 970-400-1360.

Join Zoom Meeting: [https://zoom.us/j/99486419664?](https://zoom.us/j/99486419664?pwd=U1lvQjdFOU9ER2d4MjM1TDIpa2JSdz09)

[pwd=U1lvQjdFOU9ER2d4MjM1TDIpa2JSdz09](https://zoom.us/j/99486419664?pwd=U1lvQjdFOU9ER2d4MjM1TDIpa2JSdz09) Meeting ID: 994 8641 9664 Passcode: 889855

**Hosted by Yarrow Collective:** <https://www.yarrowcollective.org>

## Lived Experience Affinity Groups

**Men's Community Support Group**

2nd and 4th Wednesday @ 4pm-5pm

A community-based bi-weekly support group for men taking an intersectional approach to unpacking and processing masculinity, trauma, relationships, sexuality, embodiment, identity and misogyny. This group will have a primary focus on honest and vulnerable sharing, embodiment, and active listening as key relational tools to connecting deeply and detoxifying masculinity. Zoom: <https://trc.xyz/mensgroup>

Reach out to [chase@relationalcenter.org](mailto:chase@relationalcenter.org) for more info.

**Hosted by The Relational Center:** <https://www.relationalcenter.org>

### **Suicide As A Language of Pain (SLOP)**

Every Friday @ 12:30PM (PST)

This peer-led meeting is designed and facilitated by survivors. Attendees may have experience of trying to die by suicide or be currently living with thoughts, visions, plans or aspirations to die by suicide. It is a safe and judgement-free place to talk about suicide or thoughts of suicide.

<https://us06web.zoom.us/j/86157569236> Meeting ID: 861 5756 9236

**Hosted by Folktime:** <https://folktime.org/>

### **Alternatives to Suicide**

Every Wednesday from 5pm-6:30pm (PST)

Alternatives to Suicide is a free, non-judgmental, non-clinical, peer-led, and confidential drop-in space where people can share difficult thoughts and feelings without being assumed to have an illness or be assessed for involuntary intervention.

The phrase, “I feel suicidal” can hold many meanings. Having the space to openly explore the thoughts, feelings, and experiences underneath is often helpful in moving towards something different.

Facilitated by people with lived experience, these groups are not just for people who are actively suicidal, but for anyone who would benefit from a non-judgmental space to explore their thoughts and emotions with a group.

Meeting link: <https://zoom.us/j/94720480841> Meeting ID: 947 2048 0841

**Hosted by Yarrow Collective:** <https://www.yarrowcollective.org>

### **Survivors of the Child Welfare System: Fostering Friendships**

2nd and 4th Thursday of each month @ 4pm-5pm (PST)

A space for those who have personally experienced the child welfare system as an oppressive, carceral system. Join us as we build community, support, and hold space for each other to talk about our lived experience

Register at: [tinyurl.com/fosteringfriendships](https://tinyurl.com/fosteringfriendships)

**Hosted by PeerSupportSpace:** <https://peersupportspace.org/>

**Hosted by Fireweed Collective:** <https://fireweedcollective.org/>

### **Hibiscus Club (Abortion experience peer space)**

2nd Wednesday of each month @ 4:30PM-5:30PM (PST)

Hibiscus Club is a peer-led, non-medical group for members of our community who have had abortion experiences. Together, we celebrate all reproductive health decisions and give them a communal space

where they feel supported and accepted.

Register at: [https://docs.google.com/forms/d/e/](https://docs.google.com/forms/d/e/1FAIpQLScYiTyYskTeo83UPgikpDXqhMtrcOxVrGUye_e8bzmmHaR0A/viewform?embedded=true)

[1FAIpQLScYiTyYskTeo83UPgikpDXqhMtrcOxVrGUye\\_e8bzmmHaR0A/viewform?embedded=true](https://docs.google.com/forms/d/e/1FAIpQLScYiTyYskTeo83UPgikpDXqhMtrcOxVrGUye_e8bzmmHaR0A/viewform?embedded=true)

**Hosted by FLAccessNetwork:** <https://www.flaccessnetwork.org/services>

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WHERE: Zoom (use form in linked below "How to access")

Register at: <https://view.flodesk.com/pages/6034c93ab05f947555945088>

More info: <https://www.nalgonapositivitypride.com/sage-and-spoon>

**Hosted by Nalgona Positivity Pride:** [nalgonapositivitypride.com](https://www.nalgonapositivitypride.com)

## **Hobby-Specific Groups**

### **Metaphor Corner (Peer-Led Writing Group)**

3rd Wednesday of each month @ 3:30pm-5pm (PST)

A peer-led, digital writers' café made for writers, by writers. It aims to be cozy, non-judgmental space where writers, or those interested in writing, can gather and form community around the written word.

Register at: [writingwithfriends.eventbrite.com](https://writingwithfriends.eventbrite.com)

**Hosted by PeerSupportSpace:** <https://peersupportspace.org/>

### **Healing Verses (BIPOC poetry crafting peer space)**

Every Tuesday @ 10AM (PST)

A Healing Justice approach to collective poetry crafting for BIPOC folks inspired by Trelani Michelle. Fireweed Collective offers mental health education and mutual aid through a Healing Justice and Disability Justice lens. We support the emotional wellness of all people and center QTBIPOC folks in our internal leadership, programs, and resources.

Register at: <https://fireweedcollective.org/support-groups/>