

Bereavement/Grief Support

GriefShare Support Group

www.griefshare.org

There are currently NO GreifShare groups running. Will update soon

NAMI Support Group

Elks Veterans Bunker (house)

125 S 13th St, St. Helens, OR 97051

Contact: Judy Thompson 503.397.6056

Meets on the second Saturday of each month from 12pm-2pm. Focus is on coping with challenges faced by those who have a loved one with mental illness.

Survivors of Suicide

A Better Way Massage

500 N Columbia River Hwy, Ste 410, St. Helens, OR 97051

Contact: Ann McKinney 503.369.1549

Meets on the first Monday of each month, from 7pm-8:30pm. Group is free of charge with a non-faith based approach.