

# CMHC Peer Groups

Groups are back! Join us for creative, mindful, and connection-focused spaces led by peers — open to individuals who are receiving Peer Support in Clackamas County who want to explore, express, and connect.

## **ColorFlow**

1<sup>st</sup> & 3<sup>rd</sup> Wednesday of  
each month  
2-3:30pm

A welcoming art group for creative self-expression and mindfulness through paint! Explore emotions, connect with others, and find calm through color- No art experience needed.

## **Intentional Silence & Meditation**

2<sup>nd</sup> Tuesday of  
Each Month  
5-6pm

A peaceful, grounding space to slow down, breathe, and reconnect with yourself. Together we'll explore stillness, mindfulness, and the power of silence as a way to rest, reflect, and find calm in community.

## **Cultivate & Connect**

2<sup>nd</sup> Thursday of  
Each Month  
3-4pm

A grounding art group exploring creativity, connection, and mindfulness through nature. Inspired by natural materials and the senses, we'll celebrate growth, self-expression, and community through hands-on creation.

## **Healing with Photography**

2<sup>nd</sup> & 4<sup>th</sup> Wednesday of  
Each Month  
2:30-4pm

A creative group for exploring healing, identity, and self-expression. Using photography as a mindful practice, we'll reflect on our experiences, notice moments of beauty, and connect.

## **Karaoke Night**

3<sup>rd</sup> Friday of  
Each Month  
6:45-8pm

An open space for joy, laughter, and self-expression through song. Come as you are — sing solo, join in with others, or cheer from the crowd as we build confidence, connection, and community through music.