

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

1st & 3rd 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

2nd 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

2nd 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

2nd & 4th 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

3rd 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.