



Do you have a troubled
child or teen at home?

TALK IT OVER

with other families
who understand!

2ND & 4TH SUNDAY OF EACH MONTH

4:00 - 6:00 PM VIA ZOOM

To enter the meeting, go to www.namior.org/talkitover and sign-in.

- If you've already registered, sign in and the link will pop up on the page.
- If you haven't registered, do so, and you will receive an email with your personalized link in 5-10 minutes. **SAVE THIS EMAIL--**you will use the same link to join any future meetings.
- If you are having trouble or can't find your confirmation email, go back to www.namior.org/talkitover and enter you email address again.
- If none of this works, text Margaret Puckette at 503-737-9971 and a live link will be texted back to you!

You may need these too:

Meeting ID: 516 787 828 | Password: 713225

In case someone wants privacy, you can disable your camera so we will only hear your voice, and you can give yourself a nickname.

This is a free public service provided by NAMI Oregon
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 **NAMI** Oregon
National Alliance on Mental Illness

 **PROVIDENCE**
Foundations of Oregon