



# How to get here

For all bus routes listed below, signal and get off at either Scholls Ferry and Nimbus or Scholls Ferry and Cascade

## From Downtown Portland

Line **45** to Tigard TC

Line **56** to Washington Square TC, transfer to Line **62** to Sunset TC

Line **54** to Washington Square TC, transfer to Line **62** to Sunset TC

Line **12** to Tigard TC, transfer to Line **45** to Portland

## From Washington Square TC

Line **62** to Sunset TC

Line **45** to Tigard TC

## From Tigard

Line **45** to Portland

## From Beaverton Sunset TC

Line **62** to Washington Square TC

## From Beaverton TC

Line **76** to Washington Square TC, transfer to Line **45** to Tigard TC, or Line **62** to Sunset TC

Line **78** to Washington Square TC, transfer to Line **45** to Tigard TC, or Line **62** to Sunset TC

## From Hillsboro

Line **52** from NW 185<sup>th</sup> & NE Evergreen to Beaverton TC, get off at SW Farmington & Murray and transfer to Line **62** to Washington Square



A program of New Narrative

# Fact Sheet

## Who We Are

Comfort Zone is a group of professionally trained Peer Wellness Specialists with lived experience in mental health, homelessness, trauma, and addictions. We relate with members on a deep and personal level. We have created a place at Comfort Zone for members of all communities to feel supported. This includes one-to-one peer support, weekly wellness groups, support moving forward through housing, medical, and the criminal justice system, or somewhere to simply exist while enjoying snacks and activities with the community.

## What We Do

- Comfort Zone is a safe space where members of all communities are
  - Accepted
  - Welcome to relax
  - Encouraged to further their wellness

regardless of who they are, where they come from, or what they have experienced in their lives.

## Key Features

- **Low Barrier**
  - Members do not require a referral, diagnosis, or insurance to use our services.
  - Working outside of an immediate solution-based model provides space for members to unwind without the pressure to immediately identify needs and next steps. This promotes safety in "just existing".
- **Group Outings**
  - These are fully paid monthly group outings, designed to provide social opportunities for members to connect, get out into the community, and relax.
- **Wellness Groups**
  - Built for members wanting to further their wellness journey, these groups are hosted daily for a variety of communities who do not traditionally receive support. This includes those who are BIPOC, LGBTQIA+ or queer, immigrants, and those who experience visions and hearing voices.



*“Comfort Zone (CZ) staff have enhanced my life since 2018. They are supportive of my feelings and have helped me through life situations. I enjoy CZ because it gives me the opportunity to step out with courage and socialize. Be a part of something that changes lives. CZ provides a safe place to spend a few hours building confidence and friendships. CZ has also enhanced my life by having access to other organizations that assisted me in gaining income. I still turn to CZ often for encouragement and assistance with coping skills. They always leave me with a tool that I can use.”*

*-Comfort Zone Member*



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**NEW  
NARRATIVE™**

Integrative Mental Health