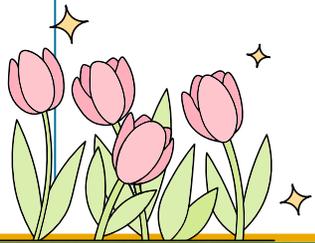




March

**WE ARE A FREE
DROP-IN CENTER
OPEN TO ALL**

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Alt2Suicide 1:30-3pm</p>	<p>3</p> <p>Better Days 12-1pm</p> 	<p>4</p> <p>Art Day! Crochet Corner! 12-1:30</p> 	<p>5</p> <p>Game Day & Pizza Party!</p> 	<p>6</p> <p>Queer Affinity 12-1pm</p> <p>DDA (Dual Diagnosis) 2-3pm</p>
<p>9</p> <p>TIGARD BOWL</p> <p>11-12:30pm</p>	<p>10</p> <p>Hearing Voices 12-1:30pm</p> 	<p>11</p> <p>Art Day! Crochet Corner! 12-1:30</p> 	<p>12</p> <p>Game Day & Pizza Party!</p> 	<p>13</p> <p>Queer Affinity 12-1pm</p> <p>DDA (Dual Diagnosis) 2-3pm</p>
<p>16</p> <p>Alt2Suicide 1:30-3pm</p>	<p>17</p> <p>Better Days 12-1pm</p> 	<p>18</p> <p>Art Day! Crochet Corner! 12-1:30</p> 	<p>19</p> <p>Game Day & Pizza Party!</p> 	<p>20</p> <p>Queer Affinity 12-1pm</p> <p>DDA (Dual Diagnosis) 2-3pm</p>
<p>23</p> <p>Movie Matinee</p>  <p>12-3pm</p>	<p>24</p> <p>Hearing Voices 12-1:30pm</p> 	<p>25</p> <p>Art Day! Crochet Corner! 12-1:30</p> 	<p>26</p> <p>Game Day & Pizza Party!</p> 	<p>27</p> <p>Queer Affinity 12-1pm</p> <p>DDA (Dual Diagnosis) 2-3pm</p> <p>Spill the Tea 4pm -4:30pm</p> 
<p>30</p> <p>CLOSED</p> <p>Quarterly Planning</p>	<p>31</p> <p>TEDTalk 12-12:30pm</p> 			

Welcome Back Mondays!

Alt2Suicide

Alternatives to Suicide is for those who struggle with suicidal thoughts. We're a safe, nurturing place where you can talk about thoughts of not wanting to live without fear of judgment or intervention.

Community Outings

We organize and plan trips into the community that are fun and engaging.

Movie Matinee

Watch a movie, relax, and eat some popcorn and snacks!

Groups and Affinities

Better Days

Talk about recovery - your way! Built off a curriculum that's flexible to talk about what's going on in daily lives and share coping skills with other members of the group.

Groups and Affinities Cont.

Hearing Voices Affinity

A safe space for people to gather with peers having similar experiences. A place to share and validate our realities.

Art Day

A day of creativity! Join us for things like crocheting, collaging, or simply coloring and chatting. No experience needed—just bring your imagination!

TEDTalk

A popular way for people to learn new things and gain new perspectives, followed by discussion.

Game Day + Pizza Party

Board games, card games, TTRPGs, video games!
And of course... PIZZA!

Queer Affinity

A wellness group for those who fall somewhere within the 2SLGBTQIA+ spectrum.