



December

WE ARE A FREE
DROP-IN CENTER
OPEN TO ALL

Mon	Tue	Wed	Thu	Fri
1 Alt2Suicide 12-1:30pm	2 Better Days 12-1pm <small>Coffee & Conversation Group</small>	3 Art Day! TEDTalk 12-12:30pm	4 Game Day & Pizza Party!	5 Queer Affinity 12-1pm
8 TIGARD BOWL 11-12:30pm	9 Hearing Voices 12-1:30pm	10 Art Day! TEDTalk 12-12:30pm	11 Game Day & Pizza Party! Mocha! 1:00 - 3PM (Therapy Dog Visit!) Santa Paws - Pics with Mocha	12 NEW NARRATIVE EMPLOYEE APPRECIATION
15 Alt2Suicide 12-1:30pm	16 Better Days 12-1pm <small>Coffee & Conversation Group</small>	17 OMS Oregon Museum of Science and Industry Sign-Up Online!	18 Game Day & Pizza Party!	19 Queer Affinity 12-1pm
22 Movie Matinee  12-3pm	23 Hearing Voices 12-1:30pm	24 Art Day! TEDTalk 12-12:30pm	25 CLOSED Winter Holiday	26 Queer Affinity 12-1pm Spill the Tea 4pm -4:30pm
29 CLOSED Quarterly Planning	30 Game Day & Pizza Party!	31 Art Day! TEDTalk 12-12:30pm	CLOSED New Years	

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.

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 Ink&Improv, Telestrations, 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!

Queer Affinity

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

Alt2Suicide

Alternatives to Suicide is for those who struggle with suicidal thoughts. We're a safe, 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 and eat some popcorn!



HOURS:

OPEN DROP-IN HOURS EVERY WEEKDAY!

MONDAY - FRIDAY
11:00AM-4:00PM

CONTACT:

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