



JANUARY

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

Mon	Tue	Wed	Thu	Fri
			1 CLOSED	2 CLOSED
5 Alt2Suicide 12-1:30pm	6  Better Days 12-1pm	7 Art Day! Crochet Corner! 12-1:30 	8  Game Day & Pizza Party!	9 Queer Affinity 12-1pm 
12  11-12:30pm	13  Hearing Voices 12-1:30pm	14 Art Day! TEDTalk 12-12:30pm 	15  Game Day & Pizza Party!	16 Queer Affinity 12-1pm 
19 CLOSED 	20  Better Days 12-1pm	21 Art Day! Crochet Corner! 12-1:30 	22  Game Day & Pizza Party!	23 Queer Affinity 12-1pm 
26 Movie Matinee  12-3pm	27  Hearing Voices 12-1:30pm	28  Sign-Up Online!	29  Game Day & Pizza Party!	30 Queer Affinity 12-1pm  Spill the Tea 4pm -4:30pm



Hours:

OPEN DROP-IN HOURS
EVERY WEEKDAY!

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

Contact:

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 ComfortZoneTeam@NewNarrativePDX.org

 @ComfortZonePDX

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Address:

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Welcome Back Mondays!



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.



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



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

Groups and Affinities



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.



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.