



# JANUARY

WE ARE A FREE  
DROP-IN CENTER  
OPEN TO ALL

Mon	Tue	Wed	Thu	Fri
			1 <b>CLOSED</b>	2 <b>CLOSED</b>
5 Alt2Suicide 12-1:30pm	6 Better Days 12-1pm	7 <b>Art Day!</b> Crochet Corner! 12-1:30	8 Game Day & Pizza Party!	9 Queer Affinity 12-1pm
12 TIGARD BOWL 11-12:30pm	13 Hearing Voices 12-1:30pm	14 <b>Art Day!</b> TEDTalk 12-12:30pm	15 Game Day & Pizza Party!	16 Queer Affinity 12-1pm
19 <b>CLOSED</b>	20 Better Days 12-1pm	21 <b>Art Day!</b> Crochet Corner! 12-1:30	22 Game Day & Pizza Party!	23 Queer Affinity 12-1pm
26 Movie Matinee GROUNDHOG DAY 12-3pm	27 Hearing Voices 12-1:30pm	28 OMSI Oregon Museum of Science and Industry 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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## 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.



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!



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



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



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