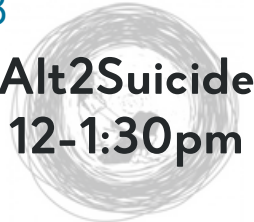
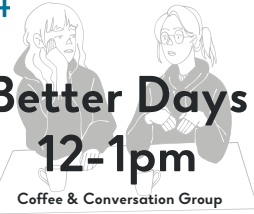









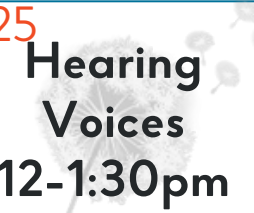

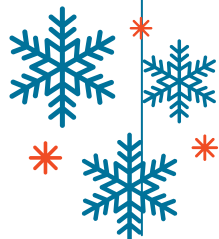




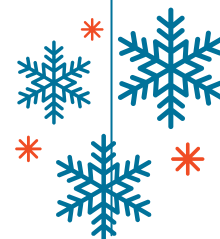
NOVEMBER

WE ARE A FREE
DROP-IN CENTER
OPEN TO ALL

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|--|--|
| 3 Alt2Suicide 12-1:30pm  | 4 Better Days 12-1pm  Coffee & Conversation Group | 5 Art Day! TEDTalk 12-12:30pm  | 6 Game Day & Pizza Party!  | 7 CLOSED  |
| 10 TIGARD BOWL 11-12:30pm  | 11 Hearing Voices 12-1:30pm  Coffee & Conversation Group | 12 Art Day! TEDTalk 12-12:30pm  | 13 Game Day & Pizza Party! Mocha! 1:00 - 3PM (Therapy Dog Visit!)  | 14 Queer Affinity 12-1pm  |
| 17 Alt2Suicide 12-1:30pm  | 18 Better Days 12-1pm  Coffee & Conversation Group | 19 OMSI Oregon Museum of Science and Industry Sign-Up Online! | 20 Game Day & Pizza Party!  | 21 Queer Affinity 12-1pm Spill the Tea 4pm -4:30pm  |
| 24 Movie Matinee Coraline 12-3pm  | 25 Hearing Voices 12-1:30pm  | 26 Art Day! TEDTalk 12-12:30pm  | 27 CLOSED Autumnal Holiday  | 28  |



December



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.



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 Ink&Improv, Telestrations, 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!



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



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.



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



Watch a movie and eat some popcorn!




HOURS:

OPEN DROP-IN HOURS EVERY WEEKDAY!

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

CONTACT:

 (503) 597-3992

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