
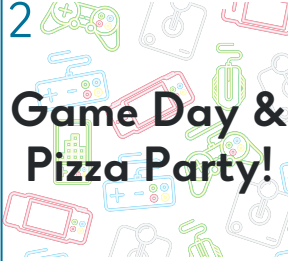
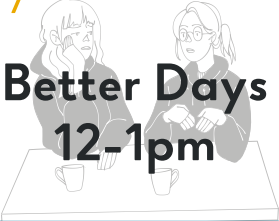



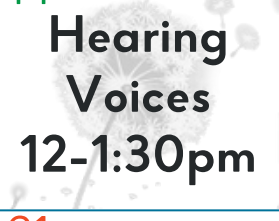



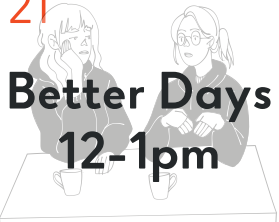



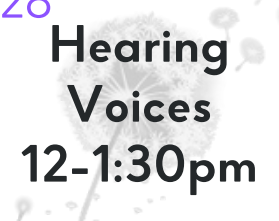







# April

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

Mon	Tue	Wed	Thu	Fri
		<p>1 <b>Art Day!</b> Crochet Corner! 12-1:30</p> 	<p>2 <b>Game Day &amp; Pizza Party!</b></p> 	<p>3 <b>Queer Affinity</b> 12-1pm DDA (Dual Diagnosis) 2-3pm</p>
<p>6 <b>Alt2Suicide</b> 12-1:30pm</p>	<p>7 <b>Better Days</b> 12-1pm</p> 	<p>8 <b>Art Day!</b> Crochet Corner! 12-1:30</p> 	<p>9 <b>Game Day &amp; Pizza Party!</b></p> 	<p>10 <b>Queer Affinity</b> 12-1pm DDA (Dual Diagnosis) 2-3pm</p>
<p>13 <b>TIGARD BOWL</b> 11-12:30pm</p> 	<p>14 <b>Hearing Voices</b> 12-1:30pm</p> 	<p>15 <b>Art Day!</b> Crochet Corner! 12-1:30</p> 	<p>16 <b>Game Day &amp; Pizza Party!</b></p> 	<p>17 <b>Queer Affinity</b> 12-1pm DDA (Dual Diagnosis) 2-3pm</p> 
<p>20 <b>Alt2Suicide</b> 12-1:30pm</p>	<p>21 <b>Better Days</b> 12-1pm</p> 	<p>22 <b>Art Day!</b> Crochet Corner! 12-1:30</p> 	<p>23 <b>Game Day &amp; Pizza Party!</b></p> 	<p>24 <b>Queer Affinity</b> 12-1pm DDA (Dual Diagnosis) 2-3pm</p>
<p>27 <b>Movie Matinee</b></p>  <p>12-3pm</p>	<p>28 <b>Hearing Voices</b> 12-1:30pm</p> 	<p>29 <b>oms</b> Oregon Museum of Science and Industry</p> 	<p>30 <b>Game Day &amp; Pizza Party!</b></p> 	<p><b>Spill the Tea</b> 4pm -4:30pm</p> 

# 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 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

## 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, relax, and eat some popcorn and snacks!




## HOURS:

**OPEN DROP-IN HOURS EVERY WEEKDAY!**

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

## CONTACT:

 (503) 597-3992

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 @ComfortZoneNN

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