



# MAY 2024

WE ARE A FREE  
DROP-IN CENTER  
OPEN TO ALL

Mon	Tue	Wed	Thu	Fri
<b>Mental Health Awareness Month</b> Rock Painting May 20-24		1 <b>Hearing Voices</b> 12-1:30pm	2 <b>Game Day &amp; Pizza Party!</b>	3 <b>Queer Affinity</b> 12-1pm
6 <b>Movie Matinee</b> Inside Out 12-3pm	7 <b>TEDTalk Tuesdays</b> 12-1pm Mental Health Awareness - Annie Ljungqvist	8 <b>SORRY WE'RE CLOSED</b> <i>Staff Training</i>	9 <b>Game Day &amp; Pizza Party!</b>	10 <b>Queer Affinity</b> 12-1pm
13 <b>Tigard Bowl</b> 1-2:30pm	14 <b>TEDTalk Tuesdays</b> 12-1pm Living with BPD - Clair Benedict	15 <b>Hearing Voices</b> 12-1:30pm	16 <b>Game Day &amp; Pizza Party!</b>	17 <b>Queer Affinity</b> 12-1pm
20 <b>Alt2Suicide</b> 12-1:30pm	21 <b>TEDTalk Tuesdays</b> 12-1pm Neurodiversity: The New Normal - Cynthia Coupe	22 <b>Hearing Voices</b> 12-1:30pm	23 <b>Game Day &amp; Pizza Party!</b>	24 <b>Queer Affinity</b> 12-1pm
27 <b>SORRY WE'RE CLOSED</b> <i>Memorial Day</i>	28 <b>TEDTalk Tuesdays</b> 12-1pm What They Don't Tell You About Mental Illness - Elizabeth Medina	29 <b>Hearing Voices</b> 12-1:30pm	30 <b>Game Day &amp; Pizza Party!</b>	31 <b>Queer Affinity</b> 12-1pm



## HOURS:

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

## CONTACT:

(503) 597-3992  
COMFORTZONE  
@NEWNARRATIVEPDX.ORG

## ADDRESS:

10130 SW NIMBUS AVE  
SUITE D2  
PORTLAND, OR 97223

# Welcome Back Mondays!

## Alt2Su

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.

## Community Outing

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

## Movie Matinee

Watch a movie,  
eat some popcorn!

# Groups and Affinities

## TEDTalks

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

## Hearing Voices Affinity

A safe space for people to gather with peers having similar experiences. A place to share and validate our realities.

## Game Day

Board games, card games, TTRPGs, video games!

## Queer Affinity

A wellness group for those who fall somewhere within the LGBTQIA2S+ spectrum.