

# 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, eat some popcorn!



A creative writing group where we draw prompts, spend time crafting spontaneous stories, and share them in a supportive circle

# 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 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.



# FEBRUARY

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 <small>Coffee &amp; Conversation Group</small>	5  TEDTalk 12-12:30pm Art Group 1-2pm	6  Game Day & Pizza Party!	7  Queer Affinity 12-1pm
10  TIGARD BOWL 11-12:30pm	11  Hearing Voices 12-1:30pm	12  TEDTalk 12-12:30pm Art Group 1-2pm	13  Game Day & Pizza Party!	14  Queer Affinity 12-1pm
17  Ink & Improv 12-1:30pm	18  Better Days 12-1pm <small>Coffee &amp; Conversation Group</small>	19  TEDTalk 12-12:30pm Art Group 1-2pm	20  Game Day & Pizza Party!	21  Queer Affinity 12-1pm
24  Movie Matinee 12-3pm	25  Hearing Voices 12-1:30pm	26  TEDTalk 12-12:30pm Art Group 1-2pm	27  Game Day & Pizza Party!	28  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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