

12-3pm

Noveriber.

WE ARE A <u>FREE</u> DROP-IN CENTER OPEN TO ALL





HOURS:

OPEN DROP-IN HOURS EVERY WEEKDAY!

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

CONTACT:

(503) 597-3992

- © @COMFORTZONEPDX

ADDRESS:

10130 SW NIMBUS AVE SUITE D2 TIGARD, 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 Outings

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

Movie Matinee

Watch a movie, eat some popcorn!

Groups and Affinities

Hearing Voices Affinity

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

TEDTalks

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

Game Day

Board games, card games, TTRPGs, video games!

Queer Affinity

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