



MARCH

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 & 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 Alt2Suicide 12-1:30pm	18 Better Days 12-1pm <small>Coffee & 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 <i>A League of Their Own</i> 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
31 CLOSED Quarterly Planning Day				



HOURS:

OPEN DROP-IN HOURS
EVERY WEEKDAY!

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

CONTACT:

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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!

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.

Groups and Affinities Cont.



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.



Tap into your creative side! Join us for a relaxed, supportive space to explore different art forms, express yourself, and have fun with others. No experience needed—just bring your imagination!



Board games, card games, TTRPGs, video games!



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