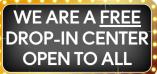


MARCH



| | | | | ••••• |
|--------------------------------|--|--|---------------------------|--|
| Mon | Tue | Wed | Thu | Fri |
| Alt2Suicide 12-1:30pm | Better Days 12-1pm Coffee & Conversation Group | 5 TEDTalk 12-12:30pm Art Group 1-2pm | 6 Game Day & Pizza Party! | Queer Affinity 12-1pm |
| 10 11-12:30pm | Hearing Voices 12-1:30pm | 12 TEDTalk 12-12:30pm Art Group 1-2pm | Game Day & Pizza Party! | Queer Affinity 12-1pm |
| 17 Alt2Suicide 12-1:30pm | Better Days 12-1pm Coffee & Conversation Group | 19 TEDTalk 12-12:30pm Art Group 1-2pm | Game Day & Pizza Party! | Queer Affinity 12-1pm |
| Movie Matinee League 12-3pm | Hearing Voices 12-1:30pm | 26 TEDTalk 12-12:30pm Art Group 1-2pm | Game Day & Pizza Party! | Queer 28 Affinity 12-1pm Spill the Tea 4pm -4:30pm |
| Quarterly Planning Day | | | | |



HOURS:

OPEN DROP-IN HOURS EVERY WEEKDAY!

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

CONTACT:

(503) 597-3992

 \odot @ComfortZonePDX

 ${\color{red} \textbf{ }} @ Comfort Zone NN$

ADDRESS:

10130 SW NIMBUS AVE SUITE D2 TIGARD, OR 97223

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!

Game Day + Pizza Party

Board games, card games, TTRPGs, video games!



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