

Arts & Crafts



Rosie's Room

Open studio craft and sewing time.

Wednesdays, 10am at Jean's Place (residents and Jean's Place alumni only).

Tell The World

Be a part of a multimedia art show by providing an interview for this project. Your chance to tell your story.

Fridays at 11:30—sign up with staff for an appointment.

Interested in Art and Community?

Join students from PSU to create an exhibition that brings community awareness to the issues of homelessness, power, access, and privilege.

Final work will be a public exhibition during the First Thursday art walk in March!

Sign up soon—only 8 spots available!

Starting January 25th; weekly meetings, 2-4pm every Wednesday, through March 7th.



Recovery Support



What?	When?		Where?
AA	Mondays Fridays	7-8am	Day Center
NA	Saturdays	10-11am	Day Center
	Sundays	12-1pm	
GA	Sundays	2-3pm	Day Center
	Wednesdays	5:30pm	
Why Get High? relapse prevention	Tuesdays	1:15pm	Clark Center
	Thursdays	2pm	Day Center
Native American Rehabilitation Association	Mondays	8:30-10:30am	Day Center
	Fridays	1-3pm	
Lifeworks NW	Mondays	1-5pm	Day Center
	Fridays	8:30-12:30pm	
DePaul	Wednesdays	2-4pm	Day Center

get connected

What's happening this month at Transition Projects

Want to see different classes and activities here? Let us know!

We want your suggestions on how we can improve our program to better meet your needs.

Questions? 503-280-4700



Health and Wellness



What?	When?		Where?
Meditation Group	Mon Wed Fri	3:30— 4:30pm	Day Center
Chiropractic Services	Tues Thurs Sat	7:30am— 12:30pm	Day Center
Nursing Students (starting Jan 25th)	Thurs Fri	9am – 3pm	Day Center
	Thurs	9am – 3pm	Clark Center
	Fri	9am – 3pm	Jean's Place
One Step Closer (running group)	Mon	6am – 7am	Doreen's Place (open to all)
Gentle Yoga	2 nd + 4 th Weds	2pm – 3pm	Day Center

Housing Help

Thinking about making a change? A case manager can help you meet your goals. Check out the **Case Management Orientation**: Wednesdays 9-10AM or Friday 11AM-noon at the Day Center. Sign up the morning of the orientation, at the Day Center desk.

Become a successful, stable renter, and learn how to overcome any potential housing barriers — sign up for the **Rent Well tenant education class**. Spots fill up quickly: inquire through your case manager or at the Day Center desk.



Homeless? Unemployed? Depressed?
Let's talk about it.

Let's Rap Men's Support Group
Thursdays at 10am at the Day Center

Employment & Computer Skills



Sign up for these classes with
Day Center or RA staff

What?	When?		Where?
Resume Writing Workshop	Tues 1/3	5:30pm	Jean's Place (residents only)
	Weds 1/4	5:30pm	Day Center
Overcoming Employment Barriers	Tues 1/10	6pm	Jean's Place (residents only)
Online Job Searching	Weds 1/11	5:00pm	Day Center
	Tues 1/17	5:30pm	Jean's Place
Voc Rehab orientation	Thurs, 1/12	1-3pm	Day Center
Windows for Beginners	Weds 1/18	1-3pm	Day Center
Mock Interviews	Tues 1/24	5:30pm	Jean's Place
	Weds 1/25	5:30pm	Day Center

Benefits and Disability

DHS —

meet with a case worker to apply for SNAP (food stamps), Oregon Health Plan, and TANF.

Appointments through Day Center front desk.

Mondays: 8:30am – 12:30pm
Thursdays: 10am – 4pm



Let the pros help
you through the
paperwork!

Benefits Entitlement Specialist Team —
meet with a benefits specialist for help
with your application for disability
benefits.

Appointments through your case manager
only.

Tuesdays, 10 – 11am

Disability Action Advocates —

meet with a benefits specialist for help with
your disability claims, including legal repre-
sentation.

Appointments through Day Center front desk.

Tuesdays and Thursdays, 2 – 5pm

My Friends at T.P.I.,

7-12-11

I just wanted to say thanks for what you guys are doing. I just got through using your bike station at the Bud Clark Commons. It's awesome that there are resources such as these available. First off, I was able to fix my bicycle myself, which makes me feel less helpless. Second, with my bike adjusted properly it is easier to ride, and much safer for me and the public as well. What I'm trying to say is I appreciate a hand up, not a hand out. I'm writing this letter to you in your learning center which is also a great resource. **THANK YOU.**

Your Friend,

Gar Hughes