



A program of New Narrative

Fact Sheet

Who We Are

Comfort Zone is a group of professionally trained [Peer Wellness Specialists](#) with lived experience in mental health, houselessness, trauma, and addictions. We relate with members on a deep and personal level. We have created a place at Comfort Zone for members of all communities to feel supported. This includes one-to-one peer support, weekly wellness groups, support moving forward through housing, medical, and the criminal justice system, or somewhere to simply exist while enjoying snacks and activities with the community.

What We Do

- Comfort Zone is a safe space where members of all communities are
 - Accepted
 - Welcome to relax
 - Encouraged to further their wellness

regardless of who they are, where they come from, or what they have experienced in their lives.

Key Features

- **Low Barrier**
 - Members do not require a referral, diagnosis, or insurance to use our services.
 - Working outside of an immediate solution-based model provides space for members to unwind without the pressure to immediately identify needs and next steps. This promotes safety in "just existing".
- **Group Outings**
 - These are fully paid monthly group outings, designed to provide social opportunities for members to connect, get out into the community, and relax.
- **Wellness Groups**
 - Built for members wanting to further their wellness journey, these groups are hosted daily for a variety of communities who do not traditionally receive support. This includes those who are BIPOC, LGBTQIA+ or queer, immigrants, and those who experience visions and hearing voices.

*In order to step outside your comfort zone, you first need to **HAVE** a Comfort Zone.*

*-Dahlton Burke,
Program Manager*

“Comfort Zone (CZ) staff have enhanced my life since 2018. They are supportive of my feelings and have helped me through life situations. I enjoy CZ because it gives me the opportunity to step out with courage and socialize. Be a part of something that changes lives. CZ provides a safe place to spend a few hours building confidence and friendships. CZ has also enhanced my life by having access to other organizations that assisted me in gaining income. I still turn to CZ often for encouragement and assistance with coping skills. They always leave me with a tool that I can use.”

-Comfort Zone Member



(971) 517-5039



10130 SW Nimbus Ave.

Suite D1/D2

Portland, OR 97223

