



Compass Rose News - NOVEMBER 2022

Ascending Artists!

Ascending Flow has supported many people in their artistic goals.

November's Featured Artist is Lil B Raps, a hip hop artist who tells his stories of strength & struggle through lyrics and music videos.



988 Crisis Line

This is a new phone line offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress.

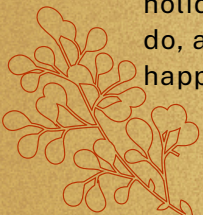
If you or someone you know could use this number, please save it!



Holiday Season

The holiday season is tough for many, and no one should have to miss opportunities for celebration.

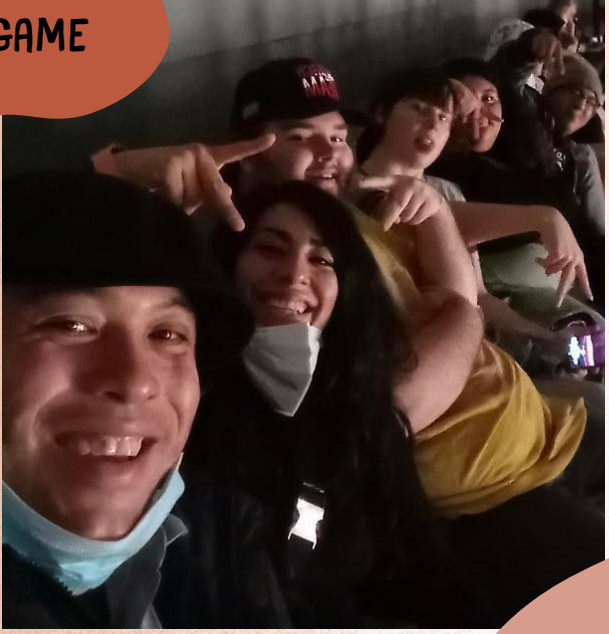
Let your mentor or QMHA know what kind of holiday-related activities you would like to do, and let's do what we can to make it happen!



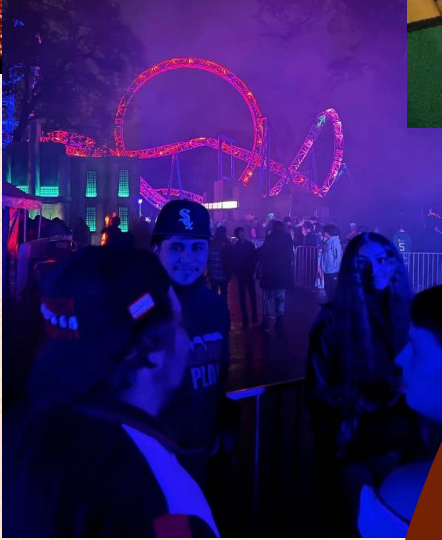
BOWLING



BLAZER'S GAME



LAST MONTH'S EVENTS



SCAREGROUNDS
PDX