





# March 2017

## HIV Services



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>For more information, contact:</i>            Nicole Judd-Bekken            Director of HIV Services            503.238.5203 x311  <a href="mailto:nicolejb@quest-center.org">nicolejb@quest-center.org</a></p>			<p>1            WOW Dinner            4 – 5:00 pm            WOW Support Group            5 – 7 pm            TRE 5:15 pm</p>	<p>2            Group Acupuncture            9 – 11:30 am            Nutrition Night - 6:30 – 8 pm</p>	<p>3            Chair Yoga: 10 – 11:30am            Peer Community Drop In            3 – 6:00 pm</p>	<p>4</p>
<p>5            Gay Men's HIV+ Group            10-11:30 am</p>	<p>6            Whole-Hearted Life 1:30 – 3            Trans/Queer Gender Group            4:30-6 pm            Gentle Yoga 5:15 – 6:15 pm</p>	<p>7            Group Acupuncture            9 – 11:30 am</p>	<p>8              Quest Closed            International Women's Day</p>	<p>9            Group Acupuncture            9 – 11:30 am            Nutrition Night - 6:30 – 8 pm</p>	<p>10              Chair Yoga: 10 – 11:30am            Basic Mindfulness 1:30-3 pm            Peer Community Drop In            3 – 6:00 pm</p>	<p>11</p>
<p>12            Gay Men's HIV+ Group            10-11:30 am</p>	<p>13            Whole-Hearted Life 1:30 – 3            Trans/Queer Gender Group            4:30-6 pm            Gentle Yoga 5:15 – 6:15 pm</p>	<p>14            Group Acupuncture            9 – 11:30 am</p>	<p>15            WOW Dinner            4 – 5:00 pm            WOW Support Group            5 – 7 pm            TRE 5:15 pm</p>	<p>16            Group Acupuncture            9 – 11:30 am            Nutrition Night - 6:30 – 8 pm</p>	<p>17            Chair Yoga: 10 – 11:30am            Basic Mindfulness            1:30-3 pm            Peer Community Drop In            3 – 6:00 pm</p>	<p>18</p>
<p>19            Gay Men's HIV+ Group            10-11:30 am</p>	<p>20            Whole-Hearted Life 1:30 – 3            Trans/Queer Gender Group            4:30-6 pm            Gentle Yoga 5:15 – 6:15 pm</p>	<p>21            Group Acupuncture            9 – 11:30 am</p>	<p>22            WOW Dinner            4 – 5:00 pm            WOW Support Group &amp;            Remembrance 5 – 7 pm            TRE 5:15 pm</p>	<p>23            Group Acupuncture            9 – 11:30 am            Nutrition Night - 6:30 – 8 pm</p>	<p>24            Chair Yoga: 10 – 11:30am            Basic Mindfulness            1:30-3 pm            Peer Community Drop In            3 – 6:00 pm</p>	<p>25</p>
<p>26            Gay Men's HIV+ Group            10-11:30 am</p>	<p>27            Whole-Hearted Life 1:30 – 3            Trans/Queer Gender Group            4:30-6 pm            Gentle Yoga 5:15 – 6:15 pm</p>	<p>28            Group Acupuncture            9 – 11:30 am</p>	<p>29            WOW Dinner            4 – 5:00 pm            WOW Activity Night            5 – 7 pm            TRE 5:15 pm</p>	<p>30            Group Acupuncture            9 – 11:30 am            Nutrition Night - 6:30 – 8 pm</p>	<p>31            Chair Yoga: 10 – 11:30am            Basic Mindfulness            1:30-3 pm            Peer Community Drop In            3 – 6:00 pm</p>	<p></p>



**Quest Center for Integrative Health**  
 2901 East Burnside Street  
 Portland, OR 97214  
 Bus lines #19 & #20



## Women of Wisdom (WOW)

### Weekly Dinner and Support Group

Weekly dinner and support group for women living with HIV and their children. New individuals should contact the Director of HIV Services Nicole Judd-Bekken

- Free, every Wednesday from 4 – 7 pm
- For info: [nicolejb@quest-center.org](mailto:nicolejb@quest-center.org).

## WOW Group Special Topics

### March 8<sup>th</sup> – Quest is closed

We are closed in observance for International Women's day!

### March 15<sup>th</sup> – Come meet Angie!

Come in and welcome our new HIV Services Program Coordinator and meet and greet!

### March 22<sup>nd</sup> – Remembrance of Life

Please come and share with us the life of Tamara B. One of our sisters who recently passed. An angel watching over all of our sisters.



### March 29<sup>th</sup> – WOW Activity Night

Please join us in a great activity night! We will be starting the creation of a book created by our very own WOW women to help promote our program, reaching women all over. This book will include, your personal growth story, poetry, drawings, and more. It will only be what we would like it to be! We are very excited about this creative idea!

## Current & Upcoming Mental Health Groups

Quest now offers a series of popular Mental Health Groups on a recurring basis. If you are a current mental health client and interested in joining any of the following workshops, contact Nicole Judd-Bekken at 503-238-5203 x 311 or [nicolejb@quest-center.org](mailto:nicolejb@quest-center.org). **You must register in advance for groups.**

### Basic Mindfulness For Stress Reduction – 8 Week Series

Mindfulness is the ability to be fully awake, alive & accepting in the present moment. Mindfulness practice helps us notice how thought patterns, moods, emotions, and physical sensations (include those from chronic pain and illness) can consume our attention and undermine overall well-being. Mindfulness helps us to acknowledge the presence of these difficult experiences and come back into moment-to-moment awareness

*If you are not a current mental health client and are interested in finding out how to become one or join groups, contact Nicole for next steps.*

### Gay Men's HIV+ Support Group

This group is an opportunity to connect with other HIV+ men, to support one another, to share and receive information, and to help break away from the stigma of living with HIV. The goal of participating is to remove isolation and build a strong community of both newly-diagnosed and long-term survivors.

### Transgender & Genderqueer Support Group

A support group for those who identify outside of the gender binary or of the Trans experience. We will define and explore important and relevant issues affecting trans-identified/genderqueer folks. While facilitated by mental health therapists, the group will be collaborative, interactive, and resource rich.

### Trauma Release Exercise (TRE)

TRE is a simple technique to release stress or tension from the body that accumulates from every day circumstances of life, from difficult situations, immediate or prolonged stressful situations, or traumatic life experiences. The exercises are a simple form of stretching and are used to gently trigger these voluntary muscle tremors.

## Other Quest Community Groups

### Peer Community Drop-In Hours

Peer Community Drop-In & Community Gathering (4-5pm) is for anyone who is accessing HIV Peer Services. It is a dedicated space and time to drop in, connect, drink coffee, and grow our community. No need to schedule, just come by!

- Every Friday, 3 – 6 pm
- For info: contact Beau, 503.867.9177

### Community Nutrition Night

Community Nutrition Nights are offered every Thursday to educate the community on the benefits of whole foods and the connection between the foods we eat and our physical and mental health. Everyone is welcome to attend!

- Every Thursday - 6:30 – 8pm
- Contact: [info@quest-center.org](mailto:info@quest-center.org)

### Group Acupuncture

Acupuncture is best known for treating painful conditions such as migraine headaches, arthritis and back pain. However, it is effective, either alone or in combination with Chinese herbal medicine or Western medicine, for many HIV-related symptoms such as neuropathy.

- Monday's 4:00-6:00 pm
- Tuesday's & Thursdays 9:00 – 11:30 am
- Thursday's 4:00-6:00 pm

### Gentle Yoga (or WISH Yoga)

This group demystifies yoga and makes it a practice that can become a part of anyone's healing journey. You will be introduced to Mindfulness, yoga postures and meditation through a gentle approach that truly feels like an hour of self-care and skill building.

- Monday -5:15 – 6:15 pm
- Contact the front desk to sign up

### Chair Yoga For Pain

Using Yoga philosophy, physical postures and chronic pain research to renew awareness of the body, transform relationship with the body in pain and practice acceptance

- Fridays -10 am – 11:30 am
- Please contact front desk to sign up

