






JULY 2018

HIV SERVICES

WOW Every Wednesday 4-7PM

Weekly dinner and support group for women living with HIV and their children.

AWARENESS DAYS	SUN	MON	TUE	WED	THU	FRI	SAT
<p>July 25th, 2018 National African American Hepatitis C Action Day</p> 	1	2	3 Yoga 10:30-11:30 AM	4 4th of July Quest Closed	5 Community Nutrition Night 6-8 PM	6 WOW Art Therapy 10-12PM HIV+ Men's Peer Community Group 3-5PM	7
	<p>July 28th, 2018 World Hepatitis Day Find the <u>Missing Millions</u></p> 	8	9	10 Yoga 10:30-11:30 AM	11 WOW Dinner 4-5 PM Support Group 5-7 PM	12 Community Nutrition Night 6-8 PM	13 HIV+ Men's Peer Community Group 3-5PM
15		16 WOW Activity Day 	17 Yoga 10:30-11:30 AM	18 WOW Dinner 4-5 PM Activity: Scrapbooking 5-7 PM	19 Community Nutrition Night 6-8 PM	20 WOW Art Therapy 10-12PM HIV+ Men's Peer Community Group 3-5PM	21
	22	23	24 Yoga 10:30-11:30 AM	25 WOW Dinner 4-5 PM Support Group 5-7 PM	26 Community Nutrition Night 6-8 PM	27 HIV+ Men's Peer Community Group 3-5PM	28
	29	30	31 Yoga 10:30-11:30 AM				

WOMEN OF WISDOM

July 16th- WOW Activity Day

Potluck in the park! Join the ladies of WOW at **Montavilla Park from 1-5PM** for a potluck picnic! For more information, contact Brandi at **(971) 222-4683**. Bring your best dish you would like to share with everyone and we will, please confirm dishes with Brandi so we do not have duplicates.

Where: NE 82nd Ave, Portland, OR 97220

Art Therapy

A free drop in group for positive women that promotes stress reduction through creativity.

Fridays from 10-12 PM

July 6th - Crochet & Knit | July 20th- Crochet & Knit
426 SW Stark Street

PEER SUPPORT SERVICES

Join the Men's HIV+ Peer Community Group every Friday, 3-5 PM at the Quest East as an opportunity to connect with other HIV+ men, to support one another through lived experiences, and to help break away from the stigma of living with HIV.

This group operates on a drop-in basis.

For more information on accessing Peer Support Services at Quest, please contact HIV Services Program Coordinator Jenya Gluzberg

Email: jenya@quest-center.org

Phone: (503) 258-5203 x 321

SUMMER FREE FOR ALL



Hundreds of FREE summer events in Portland parks!



FREE MOVIES



FREE CONCERTS



FREE LUNCH + PLAY



SWIMS + MORE!

This summer, enjoy free concerts, movies, open swim and lunch at participating Portland parks in your area! Portland's lunch+play programs provide free lunch and fun activities for children throughout parks in the city. Please visit the Portland Parks & Recreation website for a full listing of events that are available near you.

<https://www.portlandoregon.gov/parks/61921>



SUMMER FREE FOR ALL empowers Portlanders to create and cultivate community by providing free, accessible, family-friendly summer activities that celebrate our city's growing cultural diversity.



PORTLAND PARKS & RECREATION
Healthy Parks. Healthy Portland.