



AUGUST 2018

HIV SERVICES

WOW Every Wednesday 4-7PM

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

AWARENESS DAYS

August 27th, 2018

*National Faith
HIV/ AIDS
Awareness*



SUN	MON	TUE	WED	THU	FRI	SAT
			1 WOW Dinner 4-5 PM Support Group 5-7 PM	2 Community Nutrition Night 6-8 PM	3 WOW Art Therapy 10-12PM HIV+ Men's Peer Community Group 3-5PM	4 LKA Coffee Social 9AM-12PM
5	6	7 Yoga 10:30-11:30 AM	8 WOW Dinner 4-5 PM Support Group 5-7 PM	9 Community Nutrition Night 6-8 PM	10 HIV+ Men's Peer Community Group 3-5PM	11 LKA Coffee Social 9AM-12PM
12	13	14 Yoga 10:30-11:30 AM	15 WOW Dinner 4-5 PM Support Group 5-7 PM	16 Community Nutrition Night 6-8 PM	17 HIV+ Men's Peer Community Group 3-5PM	18 LKA Coffee Social 9AM-12PM
19	20	21 Yoga 10:30-11:30 AM	22 WOW Dinner 4-5 PM Support Group 5-7 PM	23 Community Nutrition Night 6-8 PM	24 WOW Art Therapy 10-12PM HIV+ Men's Peer Community Group 3-5PM	25 LKA Coffee Social 9AM-12PM
26	27 WOW Retreat 	28 WOW Retreat Yoga 10:30-11:30 AM	29 WOW Retreat	30 Community Nutrition Night 6-8 PM	31 HIV+ Men's Peer Community Group 3-5PM	

WOMEN OF WISDOM

WOW Retreat | August 27-29

It's that time of year! The annual Women of Wisdom retreat will be taking place from **August 27th-August 29th** in Lincoln City, OR. The deadline for registration is **August 8th**. Please make sure to turn registration forms to Brandi with all required medical documents. **The retreat carpool will be leaving Quest Center on Monday, August 27th no later than 10:30 am and returning on Wednesday, August 29th between 3:00 - 4:00 pm. Please let Jenya know if you are willing or planning to drive.**

WOW Art Therapy

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

Fridays from 10-12 PM

Friday 8/3 Watercolor

Friday 8/24 Card Making & Collage

Gladys Mccoy Building | 4th Flr conference room
426 SW Stark Street
Portland, OR 97204

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**

AIDS WALK 2018

On **September 8th, 2018**, Quest will be marching at the **Portland AIDS Walk**. We will be working throughout the month of August to raise money, gather volunteers, and recruit members of our community to march with us! Come raise awareness for inclusive and accessible sexual wellness, and show your support for those in the community who are affected by HIV/AIDS every day. Here at Quest, we believe in sexual wellness for all, not just for some.



For more information on how to get involved and join Team Quest, please contact HIV Services Program Coordinator, Jenya Gluzberg, at jenya@quest-center.org or (503) 258-5203 x 321.