



# QUEER GAME NIGHT

*THIS IS AN ONGOING GROUP*

## **Facilitators:**

### **Kara Edge, LCSW**

Kara is excited to challenge you to a fierce game of Uno .

### **Mara Burmeister, QMHP**

Mara loves connecting with others by engaging in the friendly competition of a game of Settlers of Catan or Catchphrase.

## **Fee:**

This Mental Health Group can be billed to Ryan White, OHP plans, or insurance. Self-pay options are available.

## **To Register:**

Call us (503-238-5203) or ask Quest Staff at the Front Desk for assistance.

To become a client of Quest Center, please call our intake team at 503-238-5203.

**5:30 pm—8:30 pm**

**2nd Friday of each month**

**(Starting in October)**

**Ques East Kitchen and Group Room**

Join us for a full night of board gaming in an LGBTQ-focused space!

Quest's Queer Game Night offers an opportunity to meet new people, build friendships and community. Bring your own games or share ours! All games are welcome, including strategy games, word games, card games, and more. Allies are welcome.

Board gaming can offer many surprising benefits including stress reduction, lowered blood pressure, helps build your immune system, and improves memory and cognitive functioning.

This is an accessible, anti-oppressive space and a judgement -free zone!

**You must be engaged in Mental Health, FSR, HIV Services and/or WISH to enroll this group.**

**BE WELL — BE YOU**

**QUEST**  
CENTER   
FOR INTEGRATIVE HEALTH

[www.quest-center.org](http://www.quest-center.org)

2901 E. Burnside Street, Portland Oregon 97214

503-238-5203