



SEXUAL WELLNESS

{12 WEEKS}

Facilitators

Katie Borofka, MPH, MSW, CSWA
Lorne James, PSS, QMHA
Kim Acord, CRM

The Sexual Wellness Group facilitators hold many years cumulative experience teaching gender, sexuality and sexual health. Each is passionate about working to build and sustain queer and sex-positive communities.

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. This group is open to any client of Quest.

Wednesdays, 1:00 pm – 2:30 pm

October 3rd – December 17th

Location: Flanders Back Room

This twelve-week group opens a safe, sex-positive space for folks to talk about integrating emotional, physical, and sexual health.

This group is about finding and celebrating our own individual values around sex, relationships, and connection. It's about learning to love and embracing joy. It's also about setting boundaries, managing risk in a healthy way, and discussing how we find safe places to explore and experience intimacy. Weekly discussions will center around a series of topics moving towards sex-positive ideals:

- Identity and intersectionality
- Healthy relationships and consent
- Releasing shame and stigma
- Body acceptance and sexuality
- Desire and sexual connection
- Substance use and sexuality
- Chronic health conditions and sexuality
- Nonmonogamy and kink
- Activism and community

BE WELL – BE YOU

QUEST 
CENTER
FOR INTEGRATIVE HEALTH