



# SEPTEMBER 2018

## HIV SERVICES

September is National Recovery Month!

**WOW Every Wednesday 4-7PM**

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

**AWARENESS DAYS**

**September 18**

National HIV/AIDS and Aging Awareness Day



**September 27**

National Gay Men's HIV/AIDS Awareness Day



SUN	MON	TUE	WED	THU	FRI	SAT
						1 LKA Coffee Social 9AM-12PM
2	3 LABOR DAY Quest Closed	4 Yoga 10:30-11:30 AM	5 WOW Dinner 4-5 PM Support Group 5-7 PM	6 Community Nutrition Night 6-8 PM	7 HIV+ Men's Peer Community Group 3-5PM Women's Art Therapy 10AM-12PM	8 LKA Coffee Social 9AM-12PM AIDS WALK 2018 9:30-12:30 PM
9	10	11 Yoga 10:30-11:30 AM	12 WOW Dinner 4-5 PM Arts & Crafts 5-7 PM	13 Community Nutrition Night 6-8 PM	14 HIV+ Men's Peer Community Group 3-5PM	15 LKA Coffee Social 9AM-12PM
16	17	18 Yoga 10:30-11:30 AM	19 WOW Dinner 4-5 PM Education Night 5-7 PM	20 Community Nutrition Night 6-8 PM	21 HIV+ Men's Peer Community Group 3-5PM Women's Art Therapy 10AM-12PM	22 LKA Coffee Social 9AM-12PM
23 30	24	25 Yoga 10:30-11:30 AM	26 WOW Dinner 4-5 PM Support Group 5-7 PM	27 Community Nutrition Night 6-8 PM	28 HIV+ Men's Peer Community Group 3-5PM	29 LKA Coffee Social 9AM-12PM

# WOMEN OF WISDOM

## Our Bold Voices- September 13 6:30PM

WOW is the featured charity of the **Our Bold Voices presents: Schooled** event! Come support the WOW women and hear "*stories of mentorship; at all stages of life.*" Tickets are \$12, and can be purchased online at [www.etix.com](http://www.etix.com)

**McMennamin's Mission Theater | 1624 NW Glisan St, Portland, OR 97209**

## **Art Therapy- Fridays from 10-12 PM**

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

**Friday 9/7 Prayer Flags**

**Friday 9/21 Artist Trading Cards**

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](mailto:jenya@quest-center.org)  
Phone: (503) 258-5203 x 321

# STAFF HIGHLIGHT



Please welcome our new HIV & Substance Use Peer Support Specialist, Johnathon Vasquez. Johnathon moved to Portland from Los Angeles in 2014, and first joined the Quest community as a Nutrition Night volunteer. Having over 14+ years of "lived experience" surrounding HIV/Substance Use Disorder(s), Johnathon steps into this role with the intention and commitment of being of service to others on their path to wellness of their HIV/Substance Use Disorder(s), physical, mental and spiritual "selves", while "giving back freely what has been so freely given to me".

# AIDS WALK PORTLAND 2018

On September 8th, 2018, Quest will be participating in the Portland AIDS Walk. Fundraising is open until the day of the event. Come raise awareness for inclusive and accessible sexual wellness services, 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. The event opens at 9:30 AM in Fields Park, with the official walk starting at 11AM.



Join Team Quest on our #Questforsexualwellness! Walk with us!  
Contact [jenya@quest-center.org](mailto:jenya@quest-center.org) for more information.