



# OCTOBER 2018

**WOW Every Wednesday 4-7PM**  
Weekly dinner and support group for women living with HIV and their children.



## HIV SERVICES



### AWARENESS DAYS

## October 15th

National Latinx AIDS Awareness Day  
"Ending HIV is everyone's job."



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

# WOMEN OF WISDOM

## October 17th- Halloween Party.

Let's celebrate the Spooky Season with a Halloween-themed WOW! Children and costumes are welcome and more information will follow closer to the day.



## Art Therapy- Fridays from 10-12 PM

A free drop in group for positive women that promotes stress reduction through creativity. **Friday 10/5 Art Dolls | Friday 10/19 Art Dolls**

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

# COMMUNITY SPOTLIGHT



**Women account for more than half of the number of people living with HIV worldwide, and young women (ages 10-24) are TWICE as likely to acquire HIV as young men the same age. HIV disproportionately affects women and girls due to inequalities created by unequal cultural, social and economic status, which in turn affect prevention, test-seeking, care-seeking, and quality of care and treatment.**

**Join Cascade AIDS Project (CAP) in celebrating women-identified clients, colleagues, and peers and elevate their voices through an evening of strength, community and empowerment.**

**Monday, October 15th**

**5:30- 7:30PM | Columbia Bank**

**101 E. 6th St, Ste 100**

**Vancouver, WA 98660**

**[thestigmaproject@cascadeaids.org](mailto:thestigmaproject@cascadeaids.org)**

## 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**