



# SEXUAL WELLNESS

{8 WEEKS}

*Katie Borofka, MPH, MSW, CSWA*

Katie has many years of experience teaching gender, sexuality, and sexual health, and in working to build and sustain queer and sex-positive communities.

**Co Facilitators:**

*Lorne James, PSS, QMHA*

*Nicole Judd, MA, PSS*

*Kim Accord, Recovery Mentor*

**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.

**April 4th–May 23rd**

**Thursdays, 11:00-12:30 PM**

**Location: Quest East Group Room**

This eight-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:

- Sex without silence, sex with dialogue
- Sex without violence, sex with consent
- Sex without stigma and shame, sex with self-expression
  - Sex without STIs and safer sex
- Sex without addiction, sex with connection
  - Sex with care
  - Sex and community
  - Sex with joy!

**BE WELL — BE YOU**

**QUEST**   
**CENTER**  
FOR INTEGRATIVE HEALTH