



HIV+ MEN'S PEER COMMUNITY GROUP

"AN EXPLORATION OF WELLNESS THROUGH
COMMUNITY SUPPORT"



Facilitators:

Lorne James PSS, QMHA

A Two Spirit member of the Dine (Salt People Clan and Towering House People Clan), Lorne, incorporates his traditional indigenous knowledge to empower community members to value their identity for self empowerment.

Alex Lopez, PSS

As substance abuse survivor and gay man living with HIV for 20+ years, I am thrilled to give back to the community that has given me so much. Through lived experience, I am aware of the struggles and challenges that come with sustaining a healthy lifestyle. Empowering and helping those on their path to wellness is my priority and commitment

Fee:

Community Group is a Ryan White funded service and is a no-charge component of HIV Services.

To Register:

You must be engaged in HIV Services at Quest to attend this group. To schedule an intake, please call HIV Services Program Coordinator Jenya Gluzberg at 503-238-5203 ext. 321.

Fridays 3:00-5:00 PM

Ongoing group
Drop-in After Intake



This is a safe space for men who are HIV+ to come together in community. Using a peer-to-peer support model, we gather weekly to learn and share what makes us thrive. We believe that we are stronger when we contribute, share wellness ideas in each other's lives, and participate with each other in a meaningful way.

This drop-in group values include:

- Be free to be yourself
- Treat others with respect and dignity
- Open mindedness
- Individual boundaries are respected
- Health and constructive communication

Led by HIV services Peer Support Specialists, Lorne and Johnathon, this group is an opportunity to build community and help break away from the stigma of living with HIV. The goal of participating is to remove isolation and build strong community through the lived experiences of both newly diagnosed and long-term survivors. This group is open to those who are HIV+ & identify as male, regardless of sexual identity or orientation.

Quest is committed to serving all HIV positive individuals, regardless of your ability to pay, If you have any questions about payment or want to come, but are concerned, please let us know.

BE WELL - BE YOU

QUEST
CENTER 
FOR INTEGRATIVE HEALTH