



QUEER GAME NIGHT

THIS IS AN ONGOING GROUP

Facilitators:

Kara Edge, LCSW

Kara is excited to challenge you to a fierce game of Uno .

Mara Burmeister, QMHP

Mara loves connecting with others by engaging in the friendly competition of a game of Settlers of Catan or Catchphrase.

Fee:

This Mental Health Group can be billed to Ryan White, OHP plans, or insurance. Self-pay options are available.

To Register:

Please speak to your provider.
Allies welcome

5:30 pm—8:30 pm

2nd Friday of each month

Ques East Kitchen and Group Room

Join us for a full night of board gaming in an LGBTQ-focused space!

Quest's Queer Game Night offers an opportunity to meet new people, build friendships and community. Bring your own games or share ours! All games are welcome, including strategy games, word games, card games, and more. Allies are welcome.

Board gaming can offer many surprising benefits including stress reduction, lowered blood pressure, helps build your immune system, and improves memory and cognitive functioning.

This is an accessible, anti-oppressive space and a judgement -free zone!

BE WELL — BE YOU

QUEST 
CENTER
FOR INTEGRATIVE HEALTH

www.quest-center.org

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