

Oregon Helpers:

Wellness Affinity Groups



We are here to support your resilience and hope you'll consider checking out one of these free virtual affinity spaces:

Day	Time	Affinity Space	Contact
Monday	8:00am	Morning Meditation & Mindfulness Space	staceyb@linesforlife.org
	2:30pm	BI POC Wellness - Allies Group	staceyb@linesforlife.org
Tuesday	7:00am	Pandemic Trauma Recovery Room	staceyb@linesforlife.org
	8:30am	Spanish-Speaking Wellness Drop-In	staceyb@linesforlife.org
	12:30pm	Weekday Helpers Wellness Drop-In	jonathanh@linesforlife.org
	2:00pm	Mental/Behavioral Health Workers Wellness	staceyb@linesforlife.org
Wednesday	8:00am	Meditation and Mindfulness Practice Room	staceyb@linesforlife.org
	3:00pm	Queer and Trans Safe Space	staceyb@linesforlife.org
	4:00 pm	Educator's Wellness Space	yvetteg@linesforlife.org
Thursday	7:00am	Compassion Resiliency Room	yvetteg@linesforlife.org
	8:30am	Spanish Speaking Drop-In Wellness Room	staceyb@linesforlife.org
	12:30pm	Weekday Helpers Wellness Drop-In	staceyb@linesforlife.org
	3:00pm	Surviving DV/Anti-Sexual Assault Work	staceyb@linesforlife.org
Friday	8:00am	BIPOC Safe Group	staceyb@linesforlife.org
	11:00a	Bilingual - Essential Workers Wellness Space	staceyb@linesforelife.org
	1:00 pm	Wellness for Caregivers Room	yvetteg@linesforlife.org

Updated 5/13/2022

For updated list, visit: <https://www.linesforlife.org/wp-content/uploads/Wellness-Affinity-Groups.pdf>