

# 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	<a href="#">Morning Meditation &amp; Mindfulness Space</a>	<a href="mailto:staceyb@linesforlife.org">staceyb@linesforlife.org</a>
	9:00am	<a href="#">Wellness for Social Workers</a>	<a href="mailto:staceyb@linesforlife.org">staceyb@linesforlife.org</a>
	12:30 pm	<a href="#">Wellness for Educators</a>	<a href="mailto:yvetteg@linesforlife.org">yvetteg@linesforlife.org</a>
	12:30pm	<a href="#">Weekday Helpers Wellness Drop-In</a>	<a href="mailto:jonathanh@linesforlife.org">jonathanh@linesforlife.org</a>
	3:00pm	<a href="#">BI POC Wellness Group</a>	<a href="mailto:staceyb@linesforlife.org">staceyb@linesforlife.org</a>
Tuesday	7:00am	<a href="#">Nurses Wellness Room</a>	<a href="mailto:yvetteg@linesforlife.org">yvetteg@linesforlife.org</a>
	9:30am	<a href="#">Spanish-Speaking Wellness Drop-In</a>	<a href="mailto:staceyb@linesforlife.org">staceyb@linesforlife.org</a>
	12:30pm	<a href="#">Weekday Helpers Wellness Drop-In</a>	<a href="mailto:jonathanh@linesforlife.org">jonathanh@linesforlife.org</a>
	1:00pm	<a href="#">Fostering Wellness for Foster Parents</a>	<a href="mailto:staceyb@linesforlife.org">staceyb@linesforlife.org</a>
	2:00pm	<a href="#">Mental/Behavioral Health Workers Wellness</a>	<a href="mailto:staceyb@linesforlife.org">staceyb@linesforlife.org</a>
Wednesday	8:00am	<a href="#">Mental/Behavioral Health Workers Wellness</a>	<a href="mailto:staceyb@linesforlife.org">staceyb@linesforlife.org</a>
	11:00am	<a href="#">Grad students in helping fields</a>	<a href="mailto:amyw@linesforlife.org">amyw@linesforlife.org</a>
	12:30pm	<a href="#">Weekday Helpers Wellness Drop-In</a>	<a href="mailto:jonathanh@linesforlife.org">jonathanh@linesforlife.org</a>
	12:30 pm	<a href="#">Wellness for Educators</a>	<a href="mailto:yvetteg@linesforlife.org">yvetteg@linesforlife.org</a>
	3:00pm	<a href="#">Wellness for Social Workers</a>	<a href="mailto:staceyb@linesforlife.org">staceyb@linesforlife.org</a>
	3:00pm	<a href="#">Wellness for Educators</a>	<a href="mailto:yvetteg@linesforlife.org">yvetteg@linesforlife.org</a>
	4:00pm	<a href="#">Wildfire support</a>	<a href="mailto:amyw@linesforlife.org">amyw@linesforlife.org</a>
Thursday	7:00am	<a href="#">Nurses Wellness Room</a>	<a href="mailto:yvetteg@linesforlife.org">yvetteg@linesforlife.org</a>
	9:30am	<a href="#">Spanish Speaking Drop-In Wellness Room</a>	<a href="mailto:staceyb@linesforlife.org">staceyb@linesforlife.org</a>
	12:30pm	<a href="#">Weekday Helpers Wellness Drop-In</a>	<a href="mailto:jonathanh@linesforlife.org">jonathanh@linesforlife.org</a>
	3:00pm	<a href="#">Surviving DV/Anti-Sexual Assault Work</a>	<a href="mailto:staceyb@linesforlife.org">staceyb@linesforlife.org</a>
	3:00 pm	<a href="#">Wellness for Parents</a>	<a href="mailto:yvetteg@linesforlife.org">yvetteg@linesforlife.org</a>
	5:00pm	<a href="#">Social Service Workers</a>	<a href="mailto:amyw@linesforlife.org">amyw@linesforlife.org</a>
Friday	8:00am	<a href="#">BI POC Morning Wellness Space</a>	<a href="mailto:staceyb@linesforlife.org">staceyb@linesforlife.org</a>
	11:00a	<a href="#">Bilingual - Essential Workers Wellness Space</a>	<a href="mailto:staceyb@linesforelife.org">staceyb@linesforelife.org</a>
	12:30 pm	<a href="#">Weekday Helpers Wellness Drop-In</a>	<a href="mailto:jonathanh@linesforlife.org">jonathanh@linesforlife.org</a>
	1:00 pm	<a href="#">Wellness for Seniors Room</a>	<a href="mailto:yvetteg@linesforlife.org">yvetteg@linesforlife.org</a>
	2:00 pm	<a href="#">Wellness for Firefighters</a>	<a href="mailto:yvetteg@linesforlife.org">yvetteg@linesforlife.org</a>

Updated 1/12/2021.

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

