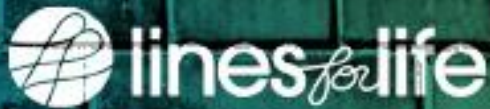


Oregon Helpers: Wellness Affinity Groups



<https://www.linesforlife.org/helpers/>

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

If you or anyone you know have been affected by COVID-19 or the Wildfires, please contact a FEMA Outreach Specialist regarding resources at (971) 420 – 1028 or email FEMAhelp@linesforlife.org.

Para contactar con un ayudante social en relación con los incendios y el COVID-19, por favor llame (971)420-1018. Email FEMAhelp@linesforlife.org.