


# Quest Center Fall Groups

October - December 2018



## Groups and Workshops Open to Quest Clients

Please speak to your provider if you are interested in a group

Groups / Workshops	Description	Day & Time	Facilitators
<b>Movement</b>			
<b>Yoga Class</b> <i>Free open and ongoing group</i>	Yoga class for beginner to intermediate students	Tuesday 10:30 - 11:30 am Friday 2:00 - 3:00 pm Quest East Kitchen	EOS Yoga Studio
<b>Tension &amp; Trauma Release</b> <i>Open and ongoing group</i>	Release deep patterns of stress, tension and trauma	Wednesday 5:15 - 6:15 pm Quest West Kitchen	Lusijah Marx, PsyD
<b>Wellness &amp; Nutrition</b>			
<b>Community Nutrition Night</b> <i>Free, open and ongoing to the community</i>	Join Quest for workshops, dinner and fellowship, all are welcome	Thursday 6:00 – 7:30 pm Quest East Kitchen	Heidi Nestler, Personal Chef Lusijah Marx, PsyD
<b>Nutrition Group</b> <i>10-week open group</i>	Fall focus is fermentation, accompanied by a recipe	Tuesday 12:30 - 2:00 pm Quest East Kitchen	Heidi Nestler, Personal Chef
<b>Sexual Wellness</b> <i>12-week group</i>	Safe, sex positive space for folks to talk about relationships and connection	Wednesday 1:00 - 2:30 PM Oct. 3 <sup>rd</sup> – Dec. 17 <sup>th</sup>	Katie Borofka, MPH, MSW, CSWA Lorne James, PSS, QMHA Kim Acord, CRM
<b>Group Acupuncture</b> <i>Open and ongoing group</i>	Group session acupuncture treatments	Monday, Tuesday, Thursday, Friday, Saturday <i>Please see flyer for times</i>	Quest Staff Acupuncturists
<b>NEW! Queer Game Night</b> <i>This is an ongoing group</i>	Game Night in an LGBTQ-focused space!	Second Friday each month 5:30 PM – 8:30 PM	Kara Edge, LCSW Mara Burmeister, QMHP
<b>Neuroscience</b>			
<b>Mindful Meditation</b> <i>Open and ongoing group</i>	Learn to scan your body and observe your breath	Tuesday 2:30 - 3:00 PM Thursday 2:30 - 3:00 PM Quest East Group Room	Evelyn Chambers, PSS, CHW, CRM
<b>Skills/Process/Support</b>			
<b>NEW! Smoking Cessation</b> <i>8-week group</i>	Utilizing ALA's <i>Freedom from Smoking</i> curriculum, foster healthy, smoke-free choices	Thursday 11:00 -12:30 PM Oct. 4 <sup>th</sup> - Nov. 29 <sup>th</sup> <i>*Quest closed Thanksgiving</i>	Sel Royer-Stoll, BSHD, CADC II John Blaufus, CADC Candidate
<b>Men's HIV Peer Community Group</b> <i>Open and ongoing group</i>	A safe space for men who are HIV+ to come together in community	Friday 3:00 - 5:00 pm Quest East Group Room	Lorne James, PSS, QMHA Preston Gardner, PSS
<b>LINK: Living with Intention &amp; Knowledge</b> <i>8-week group</i>	Fostering wellness and recovery for substance abuse in our lives	Wednesday 10:00 - 11:30 am Oct 3 <sup>rd</sup> - November 21 <sup>st</sup> Flanders West Group Room	Danielle Deer, CADC II Kim Acord, CRM
<b>W.E.A.R. Group: Writing Our Empowerment and Resilience</b> <i>Open and ongoing group</i>	Grow self-reflective, narrative skills through writing; sharing is optional	Saturday 11:00 - 12:30 pm Flanders West Group Room	Sel Royer-Stoll, BS, CADCII, QMHA Katrina Liukko, MA, QMHP
<b>Trauma Recovery and Empowerment Group for Women</b> <i>12-week group</i>	Individuals learn sustainable life-enhancing skills and empowerment in their lives	Wednesday 1:00 - 2:30 pm Oct. 24 <sup>th</sup> – January 9 <sup>th</sup> Flanders Group Room	Hillary Reno, LCSW, CADC III, MAC Katrina Liukko, MA, QMHP
<b>Transcendence Group: Moving Beyond the Binary</b> <i>Open and ongoing group</i>	Explore relevant issues affecting trans-identified / genderqueer folks	Tuesday 5:00 pm – 6:30 pm Flanders Group Room	Katie Borofka, CSWA Sunny Lithman, CSWA
<b>Women of Wisdom (WOW)</b> <i>This is an ongoing group</i>	Community sisterhood for HIV+ Women. Free childcare provided	Wednesdays Dinner served 4:00 PM Group 5:00 PM – 7:00 PM	Brandi Velasquez, PSS
<b>Acceptance and Commitment Therapy (ACT)</b> <i>8-week group</i>	ACT Skills Group for anyone living with chronic pain	Wednesday 2:00– 3:00 PM Oct 3 <sup>rd</sup> – Nov 21 <sup>st</sup>	Monirée Varahramyan, QMHP Teresa Conner, CSWA
<b>BE WELL  BE YOU</b>		<b>QUEST CENTER</b> FOR INTEGRATIVE HEALTH 