

Quest Center Winter Groups

January - March 2019



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 |
|---|--|---|---|
| Movement | | | |
| Yoga Class <i>Free, open and ongoing group</i> | Yoga class for beginners to intermediate students | Mondays 5:15 - 6:15 pm Fridays 2:00 - 3:00 pm Quest East Kitchen | Aylee McFadden Jennifer Neimeck Layna Lewis |
| Movement Group <i>6 week open group</i> | Qi gong, tai chi, and dance techniques for pain free movement | Tuesdays 5:30 - 6:30 pm Quest East Kitchen Jan. 22 nd – Feb. 26 th | Dr. Padeen Quinn, ND |
| Tension & Trauma Release <i>Open and ongoing group</i> | Release deep patterns of stress, tension and trauma | Wednesdays 5:15 - 6:15 pm Quest West Kitchen | Lusijah Marx, PsyD |
| Wellness & Nutrition | | | |
| Community Nutrition Night <i>Free, open and ongoing to the community</i> | Join Quest for workshops, dinner and fellowship, all are welcome | Thursdays 6:00 - 7:30 pm Quest East Kitchen | Heidi Nestler, Personal Chef Lusijah Marx, PsyD |
| Nutrition Group <i>12-week open group</i> | Winter focus is omnivore, accompanied by a recipe and two informative lectures | Tuesdays 12:30 - 2:00 pm Quest East Kitchen Jan. 8 th - March 26 th | Heidi Nestler, Personal Chef Lilia Peng, ND |
| Group Acupuncture <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 |
| Neuroscience | | | |
| Mindful Meditation <i>Open and ongoing group</i> | Learn to scan your body and observe your breath | Tuesdays 2:30 - 3:00 pm Thursdays 2:30 - 3:00 pm Quest East Group Room | Evelyn Chambers, PSS, CHW, CRM |
| Skills/Process/Support | | | |
| Men's HIV Peer Community Group <i>Open and ongoing group</i> | A safe space for men who are HIV+ to come together in community | Fridays 3:00 - 5:00 pm Quest East Group Room | Lorne James, PSS, QMHA Preston Gardner, PSS |
| W.E.A.R. Group: Writing Our Empowerment and Resilience <i>8-week group</i> | Grow self-reflective, narrative skills through writing; sharing is optional | Fridays 11:00 - 12:30 pm Jan. 18 th – March 8 th Flanders Group Room | Sel Royer-Stoll, BSHD, CADC II, Addictions Counselor Katrina Liukko, MA, QMHP |
| LINK: Living with Intention & Knowledge <i>8-week group</i> | Fostering wellness and recovery for substance abuse in our lives | Wednesday 10:00 - 11:30 Jan. 16 th - March 6 th Flanders Group Room | Kim Acord, CRM Sel Royer-Stoll, BS, CADCII, QMHA |
| Trauma Recovery and Empowerment Group for Men <i>16-week group</i> | Individuals learn sustainable life-enhancing skills and empowerment in their lives | Thursdays 1:00 - 2:30 pm Jan. 17 th – May 2 nd Flanders Group Room | Lou Egress Preston Gardner, PSS |
| Transcendence Group: Moving Beyond the Binary <i>Open and ongoing group</i> | Explore relevant issues affecting trans-identified / genderqueer folks | Tuesdays 4:00 pm- 5:30 pm Quest East Group Room | Katie Borofka, CSWA Sunny Lithman, CSWA |
| Women of Wisdom (WOW) <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 |
| IFS creating wholeness <i>6- week group</i> | Exploring IFS through imagery, role play, and art | Fridays 11:30 am-1:00 pm Quest East Group Room | Lusijah Marx, PsyD Sunny Lithman, CSWA |
| IFS creating wholeness <i>This is an ongoing group</i> | Ongoing group for individuals who have already taken IFS | Fridays 10:00-11:30 am Quest East Group Room | Lusijah Marx, PsyD |
| WISH Rethinking Pain <i>12-week group</i> | Development of skills and techniques to manage pain effectively. | Wednesdays 2:00– 3:00 pm Jan. 9 th – April 3 rd Quest West Group Room | Teresa Conner MSW, CSWA |

BE WELL  **BE YOU**

QUEST 
 CENTER
 FOR INTEGRATIVE HEALTH