

Quest Center Spring Groups

April - June 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 |
| 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> | Spring focus is vegetarian, accompanied by a recipe and three informative lectures | Tuesdays 12:30 - 2:00 pm Quest East Kitchen April 9 th - June 25 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 Johnathon Vasquez, 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 April 12 th - May 31 st Flanders Group Room | Sel Royer-Stoll, BSHD,CADC II, Addictions Counselor Katrina Liukko, MA, QMHP |
| Trauma Recovery and Empowerment Group for Women <i>16 week group</i> | Individuals learn sustainable life-enhancing skills and empowerment in their lives | Wednesdays 1:00 - 2:30 pm April 17 th – July 3 rd Flanders Group Room | Hillary Reno, LCSW, CADCI, MAC Cindy Marino, PsyD, Psychology Resident |
| 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 |
| Sexual Wellness <i>8 week group</i> | Safe, sex positive space for folks to talk about relationships and connection. | Thursdays 11:00-12:30 April 4 th -May 23 rd Quest East group room | Katie Borofka, CSWA |
| LINK <i>10 week open group</i> | Fostering wellness and recovery for substance abuse in our lives | Wednesdays 10:00-11:30 April 3 rd -June 5th Flanders group room | Kim Acord, CRM recovery mentor Ryan Christianson, CADC candidate |
| Queer Game Night <i>Open and ongoing group</i> | A full night of board gaming in an LGBTQ-focused space! | 2 ND Friday of each month 5:30 -8:30 pm in Quest East | Kara Edge, LCSW Mara Burmeister, QMHP |
| *New Restful Sleep <i>4 week group</i> <i>1 follow up group: May 21st</i> | Exploring habits and shifting behavior to facilitate deeper, more restorative sleep | Tuesday's 3:30-5:00 pm April-2 nd -April 23 rd Quest West Group Room | Olivia Umpierre, QMHP Lusijah Marx, PsyD Padeen Quinn, ND |
| 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>8 week group</i> | Development of skills and techniques to manage pain effectively. | Wednesdays 2:00– 3:00 pm April 17 th – June 5 th Quest West Group Room | Teresa Conner MSW,CSWA |

BE WELL  **BE YOU**

QUEST CENTER 
FOR INTEGRATIVE HEALTH