

Quest Center Summer Groups

July - September 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	Jennifer Neimeck Layna Lewis
Tension & Trauma Release <i>Open group</i>	Release deep patterns of stress, tension and trauma	Wednesday 5:15- 6:15 pm Quest West Kitchen Starting 8/14/2019	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>	Summer focus is to eat more vegetables! Accompanied by a weekly recipe	Tuesdays 12:30 - 2:00 pm Quest East Kitchen July 9 th - September 24 th	Heidi Nestler, Personal Chef
Group Acupuncture <i>Open and ongoing group</i>	Group session acupuncture treatments	Monday, Tuesday, Thursday, Friday, <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 Alex Lopez, PSS
Freedom From Smoking <i>8 week group</i>	The Freedom From Smoking [®] program gives you options, resources and support to quit for good!	Tuesdays 11:30-1:00 pm Flanders Group Room July 9 th - August 27 th	Keedeahn Mollenhour, BS, CADC 1
Rent Well <i>6 week group</i>	Empowering individuals on their unique path to permanent housing	Wednesdays 11:30-2:00 Flanders Group Room	Maleka Taylor CRC, CHW
LINK <i>9-week group</i>	Fostering wellness and recovery for substance abuse in our lives	Wednesday 10:00-11:00am Flanders Group Room June 5 th - July 31 st	Kim Acord CRM, CADC candidate Hillary Reno LCSW, CADC 111, MAC
Queer Game Night <i>Open and ongoing</i>	A full night of board gaming in an LGBTQ-focused space!	2nd Friday of each month 5:30 -8:30 pm in Quest East	Kara Edge, LCSW Mara Burmeister, QMHP
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	HIV Services Staff
IFS creating wholeness <i>Open Group</i>	Exploring IFS through imagery, role play, and art.	Fridays 11:30 am-1:00 pm Quest East Group Room Starting in September	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 Starting 8/16/2019	Lusijah Marx, PsyD
WISH Rethinking Pain <i>9-week group</i>	Development of skills and techniques to manage pain effectively.	Wednesdays 2:00– 3:00 pm June. 19 th – August 14 th Quest West Group Room	Teresa Conner MSW,CSWA

BE WELL  **BE YOU**

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FOR INTEGRATIVE HEALTH