




# Quest Center 2020 Zoom Groups



**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</i>	Yoga class for beginners to intermediate students	Mondays 3:00 - 4:00 pm Through Zoom	Jennifer Neimeck Sahar Muranovic
<b>Bailé (Therapeutic Dance)</b> <i>Open and ongoing group</i>	A safe space to come learn hip-hop and Latin dance rhythms.	Thursdays 5:30-6:30 pm Through Zoom	Fernando Moreno, CRM, Certified Zumba Instructor
<b>Wellness &amp; Nutrition</b>			
<b>Nutrition Group for FSR</b> <i>8 weeks</i>	This quarter's focus: Foods that help with recovery	Fridays 3:30 – 4:30 pm Starting July 10 <sup>th</sup> through Zoom	Heidi Nestler, Personal Chef
<b>Neuroscience</b>			
<b>Morning Meditation Practice</b> <i>Ongoing</i>	Meditation Practice offers guided meditations focused on mindfulness and holistic healing.	Fridays 09:00 -09:50 am Through Zoom	Kara Edge, LCSW
<b>Rhythm of Regulation: Befriending Your Nervous System</b>	Organize and expand your resources for optimizing safety and connection	Thursdays, 3:00 -4:30pm July 16 <sup>th</sup> –July 30 <sup>th</sup> and August – August 20 <sup>th</sup> Through zoom	Hillary J. Reno, LCSW, CADC III, MAC Lou Egress, MSW, CSWA
<b>Skills/Process/Support</b>			
<b>Women of Wisdom (WOW)</b> <i>Ongoing group</i>	Community sisterhood for HIV+ Women. Free childcare provided	Wednesdays through Zoom 5:00 PM – 7:00 pm	DiKeeshea Witherspoon CRM, PSS Justine DaCosta
<b>IFS and Intimate Relationships</b> <i>7 weeks</i>	cultivating a relationship with the Self creates the foundation for courageous love and resilient intimacy	Tuesdays 3:30-5:00 Starting August 11 <sup>th</sup> through Zoom	Kara Edge, LCSW
<b>IFS advanced</b> <i>Ongoing group</i>	Ongoing group for individuals who have already taken IFS	Fridays 10:00-12:00 Pm through Zoom	Lusijah Marx, PsyD Wendy Neal, DO, ND
<b>IFS intermediate</b> <i>Ongoing group</i>	Ongoing group for individuals who have already taken IFS	Wednesdays 2:00-4:00 pm through Zoom	Lusijah Marx, PsyD
<b>Men's HIV Peer Community Group</b> <i>Ongoing group</i>	A safe space for men who are HIV+ to come together in community	Friday 3:00-5:00 pm Through Zoom	Alex Lopez, PSS
<b>BE WELL  BE YOU</b>		<b>QUEST CENTER</b> FOR INTEGRATIVE HEALTH 