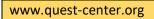


Quest Center Fall 2020 Zoom Group

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
	Mov	ement	
Yoga Class Free, open and ongoing	Yoga class for beginners to intermediate students	Mondays 3:00 - 4:00 pm Through Zoom	Jennifer Neimeck Sahar Muranovic
Bailé (Therapeutic Dance) Open and ongoing group	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
QiGong Open and ongoing group	Mindful movement to help find your center to help relieve pain and stress.	Thursdays starting August 27 th 11:00 am -12:30 pm Through Zoom	Harty Kelley, LAc
	Wellness	& Nutrition	1
Nutrition Group for WISH 8 weeks	This quarter's focus: Cooking Basics	Tuesdays 1:00 pm–2:30 pm Starting September 15th Through Zoom	Heidi Nestler, Personal Chef
	Neuro	oscience	
Morning Meditation Practice Ongoing	Meditation Practice offers guided meditations focused on mindfulness and holistic healing.	Fridays 09:00 -09:50 am Through Zoom	Kara Edge, LCSW
	Skills/Proc	ess/Support	
Women of Wisdom (WOW) Ongoing group	Community sisterhood for HIV+ Women. Free childcare provided	Wednesdays 5:00 PM – 7:00 pm Through Zoom	DiKeeshea Witherspoon CRM, PSS Justine DaCosta
IFS advanced Ongoing group	Ongoing group for individuals who have already taken IFS	Fridays 10:00-12:00 Pm Through Zoom	Lusijah Marx, PsyD Wendy Neal, DO, ND
IFS intermediate Ongoing group	Ongoing group for individuals who have already taken IFS	Wednesdays 2:00-4:00 pm Through Zoom	Lusijah Marx, PsyD
Men's HIV Peer Community Group Ongoing group	A safe space for men who are HIV+ to come together in community	Friday 3:00-5:00 pm Through Zoom	Alex Lopez, PSS
Sexual Wellness Workshop Single day offering	Sensate focus; mindful technique applied to touch and physical sensation	Thursday October 15 th 1:00 pm – 4:00 pm Through Zoom	Katie Borofka, MPH, LCSW
•	Cultivating skills and tools for Mindful-Based Stress Reduction	Tuesdays 11:00am–12:30pm Starting September 29 th Through Zoom	Jenny Benson, MSW, CSWA Samantha Lee, MA, QMHP Ladera Perez-Linn, MA, QMHF
Anxiety 8-weeks	Mindful-Based Stress Reduction		Ladera Perez-Linn, MA, QMI



2901 E Burnside St, Portland, OR 97214

503-238-5203

FOR INTEGRATIVE HEALTH