

Quest Center Spring Groups

Summer 2023

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 3:00pm - 4:00 pm Via Zoom	Jeanette Sager Sahar Muranovic
Health & Healing Functional Fitness Group <i>6 week group</i> <i>(Open to current WISH/FSR/LINK/TRI clients)</i>	Peer led group for all levels of gym experience/physical abilities. *ADA accessible and offers modifications.	Tuesdays 1:30 pm-2:30 pm Offsite Gym Location (<i>details provided upon registration</i>) Start Date: May 16th, 2023	Jasper Stone, CRM, WISH wellness peer Paul/Octavia Schouten, CRM, FSR/LINK Peer
Wellness & Nutrition			
Nutrition Group <i>Quest provider referral needed</i>	A focus on an anti-inflammatory diet with delicious, affordable, recipes and informative lectures.	Thursdays 5:30pm - 6:30pm Quest Center Kitchen	Heidi Nestler, Personal Chef
Back to Basics Nutrition Group <i>Quest provider referral needed</i> <i>8 week cycles</i>	Simple nutrient dense foods and how to prepare them simply.	Tuesdays 3:00pm - 4:00pm Via Zoom	Heidi Nestler, Personal Chef Keri McNicholas, PSS Raychel Porter, CRM,CADC-1
Skills/Process/Support			
Men's Peer Community Group <i>Open and ongoing group</i>	A safe space for men to come together in community.	Fridays 3:00pm - 5:00pm Via Zoom & In Person	Alex Lopez, PSS
Women of Wisdom (WOW) <i>Open and ongoing group</i>	Community sisterhood for HIV+ Women	Wednesdays 4:00– 6:00 pm Via Zoom & In person	Stephani Workman
Transcendence <i>12 week group</i> <i>(Can be joined at any time during the 12 week run)</i>	Support group connecting those who are trans*, transgender, gender diverse, genderqueer, or questioning.	Wednesdays 1:00-2:30 pm In person: Room 201 Start Date: April 26th, 2023	Katie Jolly, MA, QMHP Mira Collins, THW, PSS
Ballroom Dancing at Quest <i>6 week group</i>	Community based social ballroom dancing for beginners.	Wednesdays 1:00 pm Via Zoom & In Person, Room: 222 Start Date: May 17th, 2023	Alex Lopez, PSS
Connecting with Community & The Living Earth <i>2 day event (Individual days can be attended separately)</i>	Two day workshop with a variety of nature based activities to connect with each other and the natural world. *Accessibility needs will be accommodated.	Wednesday May 17, 2023 Thursday May 18th, 2023 10:00am-1:00pm Mount Tabor (shuttle option available from Quest Center)	Jenny Benson, MSW, LCSW Juliet Hiebler, QMHA Lou Egress, MSW, CSWA
Introduction to DBT Skills <i>9 week group</i>	A skills based group where we will learn and practice coping skills for everyday life from the four modules of DBT (Dialectical Behavior Therapy).	Fridays 10:30 am In person: Room 222 Start Date: May 26th, 2023	Eliza Albright, CSWA, QMHP, MSW Katie Jolly, MA, QMHP
We All Have Parts: An Introduction to IFS <i>7 week group</i>	An introduction to the Internal Family Systems of therapy for Mental Health and FSR program clients.	Tuesdays 3:30- 5:00 pm Via Zoom Start Date: May 30th, 2023	Kara Edge, MSW, LCSW Katie Borofka, MPH, LCSW, CST G. Ravyn Stanfield, LAc, DOM, LMFT intern
Restoring Relationship & Building Connection <i>One time workshop</i>	This workshop will support challenging the common negativity bias that many of us fall into in our relationship. <i>(Short meeting with facilitator(s) required for clients not in MH)</i>	Monday 4:00-6:00 pm Via Zoom Date: June 5th, 2023	Katie Borofka, MPH, LCSW, CST G. Ravyn Stanfield, LAc, DOM, LMFT intern

Rewriting the Story of Our Body Shame <i>5 week group</i>	We invite you to explore the communal roots of body shame, the story and processing of your own and perhaps creating a new narrative that holds roots in body liberation!	Tuesdays 3:30 pm-5:00 pm Via Zoom Start Date: June 6th, 2023 <i>(No group July 4th, 2023)</i>	Juliet Hiebler, QMHA Derrica Moser, MA, LPCA
Befriending Your Nervous System Rhythm of Regulation <i>5 week group</i>	This group aims to bring our attention to the nervous systems process of autonomic patterns using polyvagal theory.	Wednesdays 3:00pm-4:30pm Via Zoom & In Person, Room 222 Start Date: June 7th, 2023	Hillary Reno, LCSW, CADC III, MAC Lou Egress, MSW, CSWA Sarah Ostertag, QMHP, MA, MH Intern
Using Creative Mindfulness Practice to Cultivate Resiliency <i>6 week group</i>	Creative mindfulness practice that can help to create resources that invigorate our resilience. <i>Art materials may include: collage, pencils, pens, markers, paint, and more.</i>	Thursdays 9:00 am- 10:30 am Via Zoom Start Date: June 8th, 2023	Jenny Benson, MSW, LCSW
The Choice to ACT An Introduction to Acceptance & Commitment Therapy <i>6 week group</i>	Enhancing strategies that will foster psychological flexibility and resiliency through exploration of self using the 6 core concepts of ACT.	Tuesdays 10:00am-11:30am Via Zoom & In Person, Room 201 Start Date: June 13th, 2023 <i>(No group July 4th, 2023)</i>	Teresa Conner, MSW, LCSW
Negotiating Non-monogamy & Polyamory <i>3 session workshop</i>	A safer community and discussion space to explore issues related to consensual non-monogamy and polyamory.	Mondays 4:00 pm-5:30 pm In Person Room 201 June 26th, 2023 July 10th, 2023 July 24th, 2023	Katie Borofka, MPH, LCSW, CST Katie Jolly, MA, QMHP
			
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