



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
Movement			
Yoga Class <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
Bailé (Therapeutic Dance) <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
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			
Nutrition Group for WISH <i>8 weeks</i>	This quarter's focus: Cooking Basics	Tuesdays 1:00 pm–2:30 pm Starting September 15th Through Zoom	Heidi Nestler, Personal Chef
Neuroscience			
Morning Meditation Practice <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
Skills/Process/Support			
Women of Wisdom (WOW) <i>Ongoing group</i>	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 <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
IFS intermediate <i>Ongoing group</i>	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 <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
Sexual Wellness Workshop <i>Single day offering</i>	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 Self-Compassion & Easing Anxiety <i>8-weeks</i>	Cultivating skills and tools for Mindful-Based Stress Reduction	Tuesdays 11:00am–12:30pm Starting October 13 th Through Zoom	Jenny Benson, MSW, CSWA Samantha Lee, MA, QMHP Ladera Perez-Linn, MA, QMHP

BE WELL  **BE YOU**

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