




Quest Center Winter 2021 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
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 <i>Open and ongoing group</i>	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
Neuroscience			
Morning Meditation Practice <i>Ongoing</i>	Meditation Practice offers guided meditations focused on mindfulness and holistic healing.	Mondays 12:00 pm -12:45 pm Fridays 9:00 am - 09:50 am Through Zoom	Kara Edge, LCSW
Developing a Map for Healing Childhood Trauma <i>9-weeks</i>	Complex PTSD from <i>Surviving to Thriving</i> based on the book by Pete Walker	Tuesdays 11:00 am-12:30 pm Starting January 18 th Via Zoom	Lusijah Marx, PsyD Ladera Perez Linn, MA, QMHP
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	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
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
IFS Basics <i>8-weeks</i>	Using the Internal Family Systems model to help you access the SELF.	Mondays 3:30 pm-5:00 pm Starting January 4 th Through Zoom	Kara Edge, MSW, LCSW
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 Group: Exploring Pleasure <i>8-Weeks</i>	Exploring our relationship to pleasure based on the book <i>Pleasure Activism</i> by Adienne Maree	Wednesday 3:00-4:30 pm Starting January 6 th Through Zoom	Katie Borofka, MPH, LCSW
Sexual Wellness Workshop <i>Single day offering</i>	Exploring Non-monogamy & Polyamory	Thursday March 18th 1:00 pm – 4:00 pm Through Zoom	Katie Borofka, MPH, LCSW
Mindful Self-Compassion & Mindfulness-Based Stress Reduction <i>5-weeks</i>	Cultivating skills and tools for Mindful-Based Stress Reduction	2 nd & 4 th Tuesdays 11:00am–11:45 am Starting December 22 nd (Zoom)	Jenny Benson, MSW, CSWA
Reclaiming Your Body Positivity <i>10-weeks</i>	Exploring thoughts, feelings and behaviors associated with negative body image.	Thursdays 2:00 pm – 3:30 pm Starting January 14 th Through Zoom	Allie Haws, BS Keedeahn Mollenhour, BS, CADC II, QMHA Jenny Benson, MSW, CSWA
BE WELL  BE YOU		QUEST CENTER FOR INTEGRATIVE HEALTH 