





## Quest Center Winter 2021 Zoom Groups



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>QiGong</b> Open and ongoing group	Mindful movement to help find your center to help relieve pain and stress.	Thursdays starting August 27 <sup>th</sup> 11:00 am -12:30 pm Through Zoom	Harty Kelley, LAc
<b>Neuroscience</b>			
<b>Morning Meditation Practice</b> <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
<b>Rhythm of Regulation: Befriending your Nervous System</b>	Using psychoeducation and experiential methods, we explore the felt experience of these three systems.	Thursdays 3:00 pm – 4:30 pm Starting February 4 <sup>th</sup> Through Zoom	Hillary Reno, LCSW, CADC III, MAC Lumin Egress, MSW, CSWA Ryan Christianson, CADC I Kate Wiley, BS
<b>Developing a Map for Healing Childhood Trauma</b> <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 <sup>th</sup> Via Zoom	Lusijah Marx, PsyD Ladera Perez Linn, MA, QMHP
<b>Skills/Process/Support</b>			
<b>Women of Wisdom (WOW)</b> <i>Ongoing group</i>	Community sisterhood for HIV+ Women. Free childcare provided	Wednesdays 5:00 PM – 7:00 pm Through Zoom	Justine DaCosta
<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
<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>IFS Basics</b> <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 <sup>th</sup> Through Zoom	Kara Edge, MSW, LCSW
<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>Sexual Wellness Group: Exploring Pleasure</b> <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 <sup>th</sup> Through Zoom	Katie Borofka, MPH, LCSW
<b>Sexual Wellness Workshop</b> <i>Single day offering</i>	Exploring Non-monogamy & Polyamory	Thursday March 18th 1:00 pm – 4:00 pm Through Zoom	Katie Borofka, MPH, LCSW
<b>Mindful Self-Compassion &amp; Mindfulness-Based Stress Reduction</b> <i>5-weeks</i>	Cultivating skills and tools for Mindful-Based Stress Reduction	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays 11:00am–11:45 am Starting December 22nd Through Zoom	Jenny Benson, MSW, CSWA

<b>Reclaiming Your Body Positivity</b> <i>10-weeks</i>	Exploring thoughts, feelings and behaviors associated with negative body image.	Thursdays 2:00 pm – 3:30 pm Starting January 14 <sup>th</sup> Through Zoom	Allie Haws, BS Keedeahn Mollenhour, BS, CADC II, QMHA Jenny Benson, MSW, CSWA
			
<a href="http://www.quest-center.org">www.quest-center.org</a>		2901 E Burnside St, Portland, OR 97214	503-238-5203

**Groups and Workshops Open to Quest Clients**  
 please speak to your provider if you are interested in a group