

# Quest Center Spring Groups

April-May 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
<b>Movement</b>			
<b>Yoga Class</b> <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
<b>Wellness &amp; Nutrition</b>			
<b>Nutrition Group</b> <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 East Kitchen	Heidi Nestler, Personal Chef
<b>Back to Basics Nutrition Group</b> <i>Quest provider referral needed 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
<b>Skills/Process/Support</b>			
<b>Male-Identified Peer Community Group</b> <i>Open and ongoing group</i>	A safe space for male-identified individuals to come together in community	Fridays 3:00pm - 5:00pm Via Zoom & In Person	Alex Lopez, PSS
<b>Women of Wisdom (WOW)</b> <i>Open and ongoing group</i>	Community sisterhood for HIV+ Women	Wednesdays 4:00– 6:00 pm Via Zoom	Stephani Workman
<b>Increasing Confidence with Boundaries</b> <i>7 week group</i>	Participants will be provided with an introduction to boundary setting and practice boundary setting. <i>"Boundaries are the distance at which I can love you and me simultaneously"- Prentis Hemphill</i>	Tuesdays 3:30-5:00 pm Via Zoom Start Date: March 7th, 2023	Kara Edge, MSW, LCSW Kylie Hyde, MS, LPC, CADC II Ryan Christianson, BSW, CADC I
<b>Ballroom Dancing at Quest</b> <i>6 week group</i>	Community based social ballroom dancing for beginners.	Wednesdays 1:00 pm Via Zoom & In Person, Room: 222 Start Date: April 5th 2023	Alex Lopez, PSS
<b>LGBTQIA2S+ Elder Perspectives: A Support Group for Connecting Experiences Past, Present, and Into the Future</b> <i>8 week group</i>	Support-based group for elder LGBTQIA2S+ folx.	Wednesdays 1:00 pm In person: Room 224 <i>Start Date: April 5th, 2023</i> <b>New Start Date: May 3rd, 2023</b>	Stephen Speed, CADC I Hillary Reno, MSW, LCSW, CADC III, MAC
<b>Transcendence: A Trans* and Gender Diverse Support Group</b> <i>12 week group</i>	Support group connecting those who identify as trans*, transgender, gender diverse, genderqueer, or questioning.	Wednesdays 1:00-2:30 pm In person: Room 201 <i>Start Date: April 5th, 2023</i> <b>New Start Date: April 12th, 2023</b>	Katie Jolly, MA, QMHP Mira Collins, THQ, PSS
<b>Introduction to DBT Skills</b> <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
<b>We All Have Parts: An Introduction to IFS</b> <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

**BE WELL**  **BE YOU**

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