

# Quest Center Groups

Spring 2024

## Groups & Workshops



*Please speak to your provider for more information  
if you are interested in a group, or have questions about accessibility.*

*Additional groups may be added throughout the season.*

Groups / Workshops	Description	Day & Time	Facilitators
<b>Movement</b>			
<b>Wellness Yoga Class</b> <i>Free, ongoing group</i> Open to WISH/MH/FSR/HIV clients	Yoga class for beginners to intermediate students	Mondays 3:00 - 4:00 pm Via Zoom	Jeanette Sager WISH Peers
<b>FUNtional Fitness Group</b> <i>6 month group</i> Open to WISH/FSR/LINK/TRI clients	Peer led group for all levels of gym experience/physical abilities. *ADA accessible and offers modifications.	Tuesdays 1:30 - 2:30 pm Offsite Gym Location ( <i>details provided upon registration</i> ) Start Date: Sept 19th, 2023	Jasper Stone, CRM, WISH wellness peer Paul/Octavia Schouten, CRM, FSR/LINK Peer
<b>Ballroom Dancing at Quest</b> <i>6 week recurring group</i> Open to all	Community based social ballroom dancing for beginners.	Wednesdays 1:00 pm Via Zoom & In Person, Room: 222 Start Date: Recurring cycles	Alex Lopez, PSS
<b>Wellness &amp; Nutrition</b>			
<b>Back to Basics Nutrition Group</b> <i>Referral needed</i> <i>8 week cycles</i> Open to MH, WISH clients	Simple nutrient dense foods and how to prepare them simply.	Tuesdays 3:00 - 4:00pm Via Zoom & In person Room: 200	Heidi Nestler, Personal Chef Keri McNicholas, PSS Raychel Porter, CRM,CADC-1 Jason Stone, CRM
<b>Skills/Process/Support</b>			
<b>Mindfulness Meditation</b> <i>Ongoing group</i> Open to current WISH clients	Meditation is a practice of moment-to-moment observation cultivating clear, stable, and non-judgmental awareness.	Wednesdays 11:00-11:30 am Via Zoom	Raychel Porter, CRM, CADCI Keri McNicholas, PSS Jasper Stone, CRM Sage Madans
<b>Men's Community Group</b> <i>Ongoing group</i> Open to current HIV clients	A safe space for men to come together in community.	Fridays 3:00 - 5:00 pm Via Zoom & In Person Room: 201	Alex Lopez, PSS
<b>Espacios de Apoyo Para Latinos, Latinas, Y Latinx/e.</b> <i>Grupo en curso</i> Disponible para personas que hablan español.	¡Ven a apoyarnos! El tema del que hablaremos es aprender a vivir con vih, y aprender a manejar la depresión. <b>Para unirse contactar:</b> Tony Quebrado 503-309-1641	Todos los Jueves a las 3:00-4:00 pm Presencial: Habitación 222	Tony Quebrado, PSS
<b>Women of Wisdom (WOW)</b> <i>Ongoing group</i> Open to HIV clients	Community sisterhood for HIV+ Women.	Wednesdays 4:00 - 6:00 pm Via Zoom & In person Room: 201	Stephani Workman, PSS
<b>Autistic Adult Social Support</b> <i>6 week group</i> Open to Quest clients who identify as autistic.	The group will be focused on providing a space where autistic adults can find connection and support for their struggles.	Wednesdays 4:00-5:30 pm In person Room: 222 Start Date: March 6th, 2024	Ken Cornog, QMHP
<b>Transcendence</b> <i>Ongoing Group with Referral</i> Open to clients that are trans*, gender diverse, and questioning	Peer led support group exploring topics related to trans existence, sharing resources, and building community.	Thursdays 2:30 - 4:00 pm Via Zoom and In Person Room: 222 Start Date: March 7th, 2024	Ken Cornog, QMHP Jaeden Littleton, QMHP

<p><b>Defining Harm Reduction</b>  <i>Ongoing Group</i>  Open to members of the HIV community  <i>To register please contact the facilitators directly.</i></p>	<p>Our philosophy promotes supporting folx in their definition of Harm Reduction in all aspects as it applies to them.</p>	<p>2nd &amp; 4th Mondays each month.  2:00 - 3:00pm  In Person Room: 201  Start Date: March 25, 2024</p>	<p>Toni Quebrado: CRM, PSS  <b>971-417-5362</b>   Stephani Workman: PSS  <b>503-849-2704</b></p>
<p><b>Increasing Confidence with Boundaries</b>  <i>7 week group</i>  Open to MH and FSR/TRI clients</p>	<p>Participants will be provided with an introduction to boundary setting and offered exercises in which they can explore and practice boundary setting strategies.</p>	<p>Tuesdays 10:30-12:00 pm  Via Zoom  Start Date: March 26, 2024</p>	<p>Kara Edge, MSW, LCSW  Kylie Hyde, MS, LPC, CADC II  G. Ravyn Stanfield, MFT-A, LAC  Molly Laing, QMHP</p>
<p><b>Reclaiming Body Trust: Book Group</b>  <i>7 week group</i>  Open to MH and FSR/TRI clients</p>	<p>In this seven week group, we will read the book Reclaiming Body Trust, and explore the intricacies and nuances of what it means to reconnect to our body's wisdom exploring each chapter together.</p>	<p>Tuesdays 3:30-5:00 pm  Via Zoom  Start Date: May 7, 2024  (no meeting 5/28/24)</p>	<p>Katie Borofka, MPH, LCSW, CST, &amp; Certified Body Trust® Provider  Hillary Reno, LCSW, CADC III, MAC</p>

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

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FOR INTEGRATIVE HEALTH

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[www.quest-center.org](http://www.quest-center.org)

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