
















Quest –January 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|--|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| |  <p>HSC CLOSED</p> | 9:00 – News &Views 10:30- Respecting Peers 1:00- Self Respect 2:30-Guest Speaker | 9:00 – News &Views 10:30- Hoarding 1:00- Acceptance 2:30-Dealing with Change | 9:00 – News &Views 10:30- Realistic Expectations 1:00- New Year Nutrition goals 2:30-Healthy meal choices |  |  |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|  | 9:00 – News &Views 10:30-What makes me “me” 1:00- Relationships 2:30-Reminising | 9:00 – News &Views 10:30- Crisis vs. Catastrophe 1:00- Advocating for yourself 2:30- Changing bad habits | 9:00 – News & Views 10:30- Organization and Focus 1:00- Colds and Flu 2:30- Employee Rights (Laura) | 9:00- News &Views 10:30- Consumer Rights 1:00- Budgeting for the new year 2:30- Impulsive spending |  |  |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|  | 9:00 – News &Views 10:30- Relationships 1:00- First Impressions 2:30- Looking your best | 9:00 – News & Views 10:30- Safety Awareness 1:00- Self Esteem 2:30- Self Confidence/Decision Making | 9:00 – News & Views 10:30- Anxiety Disorders 1:00- Healing Craft 2:30- Journaling | 9:00 – News &Views 10:30- Cooking 1:00- Wheel of Life 2:30- Proactive Patient |  |  |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|  | 9:00 – News &Views 10:30- Relationships 1:00- Self Image 2:30- How do others see me | 9:00 –News &Views 10:30- Social Cues 1:00- Assertiveness 2:30- Anger management | 9:00 – News & Views 10:30- Managing Anxiety 1:00- Positive Attitude 2:30- Humor Me | 9:00 – News &Views 10:30- Tracking your mood 1:00- I am not my illness 2:30- Leisure skills |  |  |
| 28 | 29 | 30 | 31 | | | 30 |
|  | 9:00 – News &Views 10:30- Evaluate your Supports 1:00- Media Group 2:30-Relax with Matt | 9:00 – News &Views 10:30- Communication Skills 1:00- Boundaries 2:30-Dear Michelle | 9:00 – News &Views 10:30- Anxiety Review 1:00- Relapse Prevention 2:30- Recovery with Bill |  |  | <p>FYI</p> <p>*Every Thursday night at the Confluence is Free Music</p> <p>*Beatnik 1/8/18</p> |