

Quest –February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:00 – News &Views 10:30- PTSD/Flashbacks 1:00- Tips for Loving Yourself 2:30- Ice Breakers	2 	3 
4 	5 9:00 – News &Views 10:30- Reminiscing 1:00- Spirituality 2:30- Music and Me	6 9:00 – News &Views 10:30- How to talk to your Doctor 1:00- Right Brain vs. Left Brain 2:30- Use your Brain	7 9:00 – News & Views 10:30- What is my Dx 1:00- Saving for Later 2:30- Humor Me	8 9:00- News &Views 10:30- Susan from Clarion 1:00- Peer Pressure 2:30- Dear Michelle	9 <u>West Region CSP</u> <u>10am</u>	10 
11 	12 9:00 – News &Views 10:30- Working with Cameron 1:00- Spirituality 2:30- Recovery Principles Happy Birthday Lincoln	13 9:00 – N&V with Joni 10:30- Recovery Stories 1:00- Life Hacks 2:30- Scott from Clarion	14 9:00 – N&V with Joni 10:30- Food Prep 1:00- Social Skills 2:30- Leisure Skills Happy Valentine's Day	15 9:00 – Yoga with Brenda 10:30- News &Views 1:00- TBA with Amy 2:30- TBA with Sam	16 Chinese New Year Begins 	17 
18 	19 9:00 – News &Views 10:30- Starting Over with Help 1:00- Making Friends 2:30- Setting Boundaries Happy President's Day	20 9:00 –News &Views 10:30- Dave Hunter 1:00- Healing Craft 2:30- Music &Me	21 9:00 – News & Views 10:30- Group Planning 1:00- Dealing with Difficult People 2:30- Humor Me	22 9:00 – News &Views 10:00- Animal Assisted Group 1:00- Dear Michelle 2:30- Nutrition and Mental Health Happy Birthday Washington	23 	24 
25 	26 9:00 – News &Views 10:30- Healthy Boundaries part 1 1:00- Triggers 2:30- Relax with Matt	27 9:00 – News &Views 10:30- Communications with Amanda 1:00- Couponing with Larry 2:30- Recovery with Bill	28 9:00 – News &Views 10:30- Social Anxiety 1:00- Healthy Boundaries part 2 2:30- Healthy Boundaries part 3			FYI *Every Thursday night at the Confluence is Free Music *Beatnike 2-12-18

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