
















Quest –April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> 	<p>2</p> <p>9:00 – News & Views 10:30- Don't worry be happy 1:00- Values 2:30-Spirituality</p>	<p>3</p> <p>9:00 – News & Views 10:30- Managing stress 1:00- Coping 2:30-Curveballs</p>	<p>4</p> <p>9:00 – News & Views 10:30- Decision Making 1:00- Safety awareness 2:30-Cultural Planning</p>	<p>5</p> <p>9:00 – Confidence 10:30- News & Views/TBA 1:00- Dear Michelle 2:00- Relationships 3:15- Music and Me</p>	<p>6</p> 	<p>7</p> 
<p>8</p> 	<p>9</p> <p>9:00 – News & Views 10:30- Coping with anxiety 1:00- Media 2:30- Humor me</p>	<p>10</p> <p>*No Group* At Penn State</p>	<p>11</p> <p>*No Group* At Penn State</p>	<p>12</p> <p>*No Group* At Penn State</p>	<p>13</p>	<p>14</p> 
<p>15</p> 	<p>16</p> <p>9:00 – News &Views 10:30- Coping game 1:00- Getting to know yourself better 2:30- What is your comfort zone?</p>	<p>17</p> <p>9:00 – News &Views 10:30- Respect 1:00- Boundaries 2:30-Relationships</p>	<p>18</p> <p>9:00 – News & Views 10:30- Dreams 1:00- Wellness 2:30- Nutrition and Me</p>	<p>19</p> <p>9:00 –News &Views 10:30- Social skills 1:00- Supports Networks 2:30- Music and Me</p>	<p>20</p> 	<p>21</p> 
<p>22</p> <p>Earth Day</p> 	<p>23</p> <p>9:00 – News &Views 10:30- Disclosure 1:00- Self Esteem 2:30- Put your best foot forward</p>	<p>24</p> <p>9:00 –News &Views 10:30- MH awareness 1:00- Relapse Prevention 2:30- Recovery with Bill</p>	<p>25</p> <p>9:00 – News & Views 10:30- Cooking 1:00- Cultural Awareness 2:30- Cultural Awareness</p>	<p>26</p> <p>9:00 – News &Views 10:30- Anxiety Management with Hunny and Chevy 1:00- Dear Michelle 2:30- Relax with Matt</p>	<p>27</p> 	<p>28</p>
<p>29</p> 	<p>30</p> <p>9:00 – News &Views 10:30- Bucket List 1:00- Communications 2:30- Actions and Consequences</p>					<p>FYI *Every Thursday night at the Confluence is Free Music *Beatnik 4/9</p>