











Quest –May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p style="text-align: right;">1</p> 9:00 – News & Views 10:30- Leisure skills 1:00- Self esteem Jenga 2:30- Get to Know you with Amanda	<p style="text-align: right;">2</p> 9:00 – News & Views 10:30- Communication with Amanda 1:00- Dear Michelle 2:30- Farewell to Amanda	<p style="text-align: right;">3</p> 9:00 – News &Views 10:30- Reminiscing 1:00- Autism and Life 2:30- Music and Me	<p style="text-align: right;">4</p> 	<p style="text-align: right;">5</p>
<p style="text-align: right;">6</p> 	<p style="text-align: right;">7</p> 9:00 – News & Views 10:30- Managing MH 1:00- MH Awareness 2:30- Reducing stigma	<p style="text-align: right;">8</p> 9:00 – News & Views 10:30- Kindness rocks 1:00- Mixed Emotions 2:30 Humor Me	<p style="text-align: right;">9</p> 9:00 – News & Views 10:30- Coping skills bingo 1:00- Empathy/Being Present 2:30 Mindfulness	<p style="text-align: right;">10</p> 9:00 – News & Views 10:30- Recovery 1:00- Nutrition 2:30- Places to meet Healthy Relationships	<p style="text-align: right;">11</p> 	<p style="text-align: right;">12</p> 
<p style="text-align: right;">13</p> 	<p style="text-align: right;">14</p> 9:00 – News &Views 10:30- Healthy comfort food 1:00- How to handle abusive relationships 2:30- Relaxation	<p style="text-align: right;">15</p> 9:00 – News &Views 10:30- Coping with Health Issues 1:00- Family Relationships 2:30- Music and Me	<p style="text-align: right;">16</p> 9:00 – News & Views 10:30- Relapse Prevention 1:00- The faces of MH 2:30- Communication skills	<p style="text-align: right;">17</p> 9:00 –News &Views 10:30- Assertiveness 1:00- Emotional IQ 2:30- Healing Craft with Dustin	<p style="text-align: right;">18</p> 	<p style="text-align: right;">19</p>
<p style="text-align: right;">20</p>	<p style="text-align: right;">21</p> 9:00 – News &Views 10:30- Boundaries 1:00- How to rebuild your life after a bad relationship 2:30- Self Esteem	<p style="text-align: right;">22</p> 9:00 –News &Views 10:30- Actions vs. consequences. 1:00- Self Respect 2:30- Humor Me	<p style="text-align: right;">23</p> 9:00 – News & Views 10:30- Dealing with Change 1:00- Dear Michelle 2:30- Coping Skills game	<p style="text-align: right;">24</p> 9:00 – News &Views 10:30- Food Prep 1:00- The Un Game 2:30- Healing Craft with Dustin	<p style="text-align: right;">25</p> 	<p style="text-align: right;">26</p> 
<p style="text-align: right;">27</p> 	<p style="text-align: right;">28</p> <p>HOLIDAY – HSC CLOSED</p> <p>MEMORIAL DAY!</p>	<p style="text-align: right;">29</p> 9:00 – News & Views 10:30-Reminiscing 1:00- Cancer Awareness 2:30- Recovery with Bill	<p style="text-align: right;">30</p> 9:00 – News & Views 10:30- I am not my illness 1:00- Leisure Skills 2:30-Nutrition and Me	<p style="text-align: right;">31</p> 9:00 – News & Views 10:30- Respect 1:00- Managing Anxieties 2:30-Relaxation with Matt	<p style="text-align: right;">FYI</p> *Every Thursday night at the Confluence is Free Music *Beatnik 5/14	