














Quest –June 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|---|---|---|
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  | |  |  |  |  | |
|  | 9:00 – News &Views 10:30- Nutrition and Me 1:00- Motivation 2:30- TBA | 9:00 – News &Views 10:30- Misunderstood Lyrics 1:00- Metal Health Awareness 2:30-Music and me | 9:00 – News &Views 10:30- Real Life Scenarios 1:00- Food Prep/ Apple sauce Day 2:30-Lesure Skills | 9:00 – News &Views 10:30- Family Tree 1:00- Stress Relief 2:30- Healing Crafts | |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  | 9:00 – News &Views 10:30- Ombudsman 1:00- Spontaneous vs 2:30- Compulsiveness | 9:00 – News & Views 10:30- Tolerance 1:00- Assertive vs. Aggressive 2:30- Humor and Me | 9:00 – News &Views 10:30-Reminscing 1:00- Dear Michelle 2:30- Confidence and Complements | 9:00 – News &Views 10:30- How to look for a job 1:00- How to fill out an application 2:30- Interviews with Lauren *Happy Flag Day |  | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Happy Father's Day  | 9:00 – News &Views 10:30- Faces of Mental Health 1:00- TV Shows and Mental Health 2:30- Healing Craft | 9:00- News &Views 10:30- Inspirational Box Day 1:00- Mental Health Q&A 2:30- Music and Me | 9:00 – News & Views 10:30- TBA 1:00- Dalton and Pop culture 2:30- KiKi and Mental Health Figures | 9:00 – News &Views 10:30- Inspirations vs. Motivation 1:00- Summer Food Prep 2:30- Yoga and Music with Dallas and Lauren *Summer Begins | |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  | 9:00 – News &Views 10:00- Nutrition and Me 1:00- Get to Know the Beatles with Lauren 2:30- Recovery with Bill | 9:00 – News &Views 10:30- Jackie from LCCAP 1:00- Lets Chat with Sam 2:30-Recovery with Amy | 9:00 – News &Views 10:30- Group Planning 1:00- Dear Michelle 2:30-Relax with Matt | 9:00 – News &Views 10:30- Relax with Hunny and Chevy 1:00- Anger Management 2:30-Budgeting with Larry |  | FYI *Every Thursday night at the Confluence is Free Music at 6:00pm. *Beatnik 6-11-18. |