











Quest –October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 – News &Views 10:30- Celebrities with mental illness. 1:00- Superhero’s with Lauren 2:30-TBA	2 9:00 – News &Views 10:30- Holiday Drama 1:00- Coping with the coming Holidays 2:30-Music and Me	3 9:00 –N&V with Joni 10:30- Relapse Prevention 1:00- SAD 2:30-Jeopardy	4 9:00 – News &Views 10:00- Budgeting 1:00- Dear Michelle 2:30-Relaxation Group	5 	6
7  <small>shutterstock · 64626544</small>	8 9:00 – News &Views 10:00- Grief Group 1:00- Coping with Grief 2:30-Mediation Happy Columbus Day	9 9:00 – News &Views 10:30- Recovery Stories 1:00- Bipolar with Crystal 2:30-Humor Me	10 No Groups Today	11 9:00 – News &Views 10:30- Cancer Awareness with Leslie 1:00- Season of Mental Illness 2:30- Relaxation Group	12 <u>CSP Meeting</u> <u>10:00</u> <u>Free Lunch</u>	13 
14 	15 9:00 – News &Views 10:30- Symptoms vs. Side Effects 1:00- Medication Management 2:30- Music and me	16 9:00 – News& Views 10:30- PTSD with Evelyn 1:00- Dear Michelle 2:30- Jeopardy Happy Boss Day	17 9:00 – New &Views 10:30- Colds vs. Allergies 1:00- Pop Culture with Dalton 2:30- Leisure Skills	18 9:00 – News &Views 10:30- Relapse Prevention 1:00- Self Care 2:30- Relaxation Group	19 	20
21 	22 9:00 – News &Views 10:30- Holiday Relationships 1:00- Self Esteem vs. Self Confidence 2:30- Cardio with Franko	23 9:00- News &Views 10:30- TBI 1:00- TBI with Evelyn 2:30- Movie and Mental Health	24 9:00 – News & Views 10:30- Group Planning 1:00- Pop Culture with Dalton 2:30- Humor me	25 9:00 – News &Views 10:30- Social Skills with Huny and Chevy 1:00- Coping with Anxiety 2:30- Relaxation Group	26	27 
28 	29 9:00 – News &Views 10:30- Healthy Relationships vs. negative influences 1:00- Boundaries 2:30- Fears vs. Phobias	30 9:00 – News &Views 10:30- Holiday Crafts 1:00- Effects of Long Term Abuse 2:30- Recovery with Bill	31 9:00 – News &Views 10:30- Food Prep 1:00- Halloween Facts 2:30- Halloween Leisure Skills		FYI *Every Thursday night at the Confluence is Free Music at 6:00pm. *Beatnik 10-8-2018 *Every Wednesday Free Movie Night at	

Happy Halloween

the Library 5:30pm