

Quest 180° Is & Isn't

Quest 180° is:

- A safe place to share.
- A refuge.
- A place of belonging.
- A place to care for others and be cared for.
- Where respect is given to each member.
- Where confidentiality is highly regarded.
- A place to learn.
- A place to demonstrate genuine love.
- A place to grow and become strong again.
- A place for progress.
- Where you can take off your mask and allow others to know who you are.
- A place for healthy challenges and healthy risks.
- A possible turning point in your life.

Quest 180° isn't:

- A place for selfish control.
- Therapy.
- A place for secrets.
- A place to look for dating relationships.
- A place to rescue or be rescued by others.
- A place for perfection.
- A place to judge others.
- A quick fix.