

QUEST CHC NEWSLETTER



MAY 2026

New Group Alert

TENDER HEARTS

A space for trans masculine folx,
non binary and trans men.

**1st Tuesday
of the Month
5:30 - 7:00pm**

Contact Matthew at
maiello@questchc.ca or
905-688-2558 x222 for more info

Questions? Contact:

Ailish (she/her)
awestaway@questchc.ca
905-688-2558 x297

Community Events

Produce Market & Cafe

Every Friday
3:30 - 5:30pm
St. Barnabas

St. Catharines 150th Celebration

Saturday, May 2nd
12:00 - 4:00pm
Montebello Park

April Recap

In April, we started our Pride Prom Planning Committee! If you would like to help us shape this years prom, join our next meeting. Dates are on the calendar.

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Pride Prom 2026

**PRIDE
PROM
2026**



scan code to register



Dietitian Tip

**True or False: Multigrain is
the same as whole grain**

False! Multigrain does not always
contain the whole grain. Whole
grain has more health benefits

