

December 2023

Small Scale Farms
produce available
1:00 pm until gone

Virtual Group



Virtual and In-person

Quest
Community Health Centre

Monday

Wellness Day

27

 Let's Get Moving
1:00pm-2:00pm
 Client Advisory Committee
3:00pm - 4:00pm


Tuesday

Now & Zen: Mindfulness for
Everyday
1:30pm-3:30pm

Wednesday


Community Ties
1:30pm- 3:00pm

Thursday

Skills to Cope
9:30am -11:30am
 Smart Recovery
3:00pm- 4:30pm

Friday

1

 Let's Get Moving
1:00pm-2:00pm

4

Now & Zen: Mindfulness for
Everyday
1:30pm-3:30pm

Trans & Gender Diverse
Group (age 35+)
2:30pm - 4:00pm
 Quest Gaymers (ages 14-19)
4:00pm - 5:30pm

6

Skills to Cope
9:30am -11:30am
 Smart Recovery
3:00pm- 4:30pm


7

TGIF Cafe & Convo
1:30pm-3:00pm

8

Wellness Day
Mindfulness Walk
1:00pm-2:00pm

11


 Client Advisory Committee
3:00pm - 4:00pm

Trans & Gender Questioning
Youth Group (ages 14-19)
4:00pm - 5:30pm

12


Community Ties
Holiday Edition - Carol Singing
1:30pm- 3:00pm

13

Skills to Cope
9:30am -11:30am
 Smart Recovery
3:00pm- 4:30pm
2SLGBTQ+ Youth Social (ages
10-13) 4:00pm-5:30pm

14

15


 Let's Get Moving
1:00pm-2:00pm

18

19

Trans & Gender Diverse
Group (age 35+)
2:30pm - 4:00pm

20

Skills to Cope
9:30am -11:30am
 Smart Recovery
3:00pm- 4:30pm

21

TGIF Cafe & Convo
1:30pm-3:00pm

22

CLOSED


25

CLOSED

26

Community Ties
1:30pm- 3:00pm

27

Skills to Cope
9:30am -11:30am
 Smart Recovery
3:00pm- 4:30pm

28

29

For more information about groups, visit our social media @questchc or contact Ailish (she/her) at awestaway@questchc.ca or 905-688-2558 x 297

