

March

2024

Small Scale Farms
produce available
1:00 pm until gone

Virtual Group

Virtual and In-person

Quest
Community Health Centre

Monday

Tuesday

Wednesday

Thursday

Friday

Client Advisory Committee 26
10:00am-11:00am
Hot Topic: Colon Cancer Screening
+ Pancakes!! 11:00am-12:00pm
Let's Get Moving
1:00pm-2:00pm

Let's Get Moving 4
1:00pm-2:00pm
Workshop: How to Advocate for
your Youth 6:00pm-7:30pm

Client Advisory Committee 11
10:00am-11:00am
Let's Get Moving
1:00pm-2:00pm

Let's Get Moving 18
1:00pm-2:00pm

Client Advisory Committee 25
10:00am-11:00am
Let's Get Moving
1:00pm-2:00pm

Wellness Day
Cancer Screening Coach 9:00am-3:00pm

27

Managing Anxiety 5
1:30pm-3:30pm

Managing Anxiety 12
1:30pm-3:30pm

Trans & Gender Questioning 19
Youth Group (ages 14-19)
4:00pm - 5:30pm
Managing Anxiety
1:30pm-3:30pm

Managing Anxiety 26
1:30pm-3:30pm

Healthy You 28
2:30pm-4:00pm

Healthy You 6
2:30pm-4:00pm
Community Ties
1:30pm- 3:00pm
Trans & Gender Diverse Group
(age 35+) 2:30pm - 4:00pm
Quest Gaymers (ages 14-19)
4:00pm - 5:30pm

Healthy You 13
2:30pm-4:00pm
2SLGBTQ+ Teen Afternoon
1:00pm-4:00pm

Community Ties 20
1:30pm- 3:00pm
Trans & Gender Diverse
Group (age 35+) 2:30pm - 4:00pm
Healthy You
2:30pm-4:00pm

27

Skills to Cope 29
9:30am -11:30am
Gender Quest
1:30pm- 3:30pm
Smart Recovery
3:00pm- 4:30pm

Skills to Cope 7
9:30am -11:30am
Gender Quest
1:30pm- 3:30pm
Smart Recovery
3:00pm- 4:30pm

Skills to Cope 14
9:30am -11:30am
Smart Recovery
3:00pm- 4:30pm
2SLGBTQ+ Youth Social
(ages 10-13) 4:00pm-5:30pm

Skills to Cope 21
9:30am -11:30am
Gender Quest
1:30pm- 3:30pm
Smart Recovery
3:00pm- 4:30pm
2SLGBTQ+ Adult Drop In 19+
St. Cath Library 6:00pm- 7:30pm

Skills to Cope 28
9:30am -11:30am
Gender Quest
1:30pm- 3:30pm
Smart Recovery
3:00pm- 4:30pm

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

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TGIF Cafe & Convo 15
1:30pm-3:00pm

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CLOSED

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