

April

2024

Small Scale Farms
produce available
1:00 pm until gone

Virtual Group

Virtual and In-person

Monday

Tuesday

Wednesday

Thursday

Friday

CLOSED

Rainbow Niagara Workshop: 2
Self Empowerment &
Community Building
6:00pm-7:30pm

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

Skills to Cope 4
9:30am -11:30am
Hot Topic: Healthy Sleep Habits
1:00pm- 2:00pm
Smart Recovery
3:00pm- 4:30pm

CLOSED

9

10

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

TGIF Cafe & Convo 12
1:30pm-3:00pm

Let's Get Moving 15
1:00pm-2:00pm
TRANScendent Families
5:00pm-6:30pm

Trans & Gender Questioning 16
Youth Group (ages 14-19)
4:00pm - 5:30pm

Community Ties 17
1:30pm- 3:00pm
Trans & Gender Diverse
Group (age 35+) 2:30pm - 4:00pm

Smart Recovery 18
3:00pm- 4:30pm

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Client Advisory Committee
10:00am-11:00am
Let's Get Moving 22
1:00pm-2:00pm
Mindfulness for Everyday
1:30pm-3:30pm
TRANScendent Families
5:00pm-6:30pm

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Diabetes Lifestyle 24
1:30pm-3:30pm
Skills to Cope
1:30pm-3:30pm

Smart Recovery 25
3:00pm- 4:30pm

TGIF Cafe & Convo 26
1:30pm-3:00pm

Let's Get Moving 29
1:00pm-2:00pm
Mindfulness for Everyday
1:30pm-3:30pm
TRANScendent Families
5:00pm-6:30pm

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Community Ties May 1
1:30pm- 3:00pm
Diabetes Lifestyle
1:30pm-3:30pm
Skills to Cope
1:30pm-3:30pm

Smart Recovery 2
3:00pm- 4:30pm

3

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

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