

# September 2024

Small Scale Farms produce available 1:00 pm until gone



Virtual Group



Virtual and In-person

## Monday



2

Client Advisory Committee 9  
3:00pm-4:00pm

16

2SLGBTQ+ Youth Social 23  
(ages 10-13) 4:00pm-5:30pm  
Client Advisory Committee  
3:00pm-4:00pm  
Quest Annual General Meeting  
Performing Arts Centre  
5:30pm

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

30

## Tuesday

Let's Get Moving (walk) 3  
10:00am-11:00am  
Managing Anxiety  
1:30pm-3:30pm  
Coping and Connections Club  
4:30- 6:30pm

Let's Get Moving (walk) 10  
10:00am-11:00am  
Managing Anxiety  
1:30pm-3:30pm  
Creative Writing Outside  
1:30pm-3:00pm  
Coping and Connections Club  
4:30- 6:30pm

Let's Get Moving (walk) 17  
10:00am-11:00am  
Managing Anxiety  
1:30pm-3:30pm  
Coping and Connections Club  
4:30- 6:30pm

Let's Get Moving (walk) 24  
10:00am-11:00am  
Coping and Connections Club  
4:30- 6:30pm

**October 1**  
Let's Get Moving (walk)  
10:00am-11:00am  
Coping and Connections Club  
4:30- 6:30pm

## Wednesday

Skills to Cope 4  
1:30pm-3:30pm  
Youth Skills Group  
4:30- 6:30pm  
Community Ties  
1:30pm- 3:00pm  
Gender Diverse Older Adult Group  
(35+) 2:30pm-4:00pm

Skills to Cope 11  
1:30pm-3:30pm  
Youth Skills Group  
4:30- 6:30pm

Community Ties 18  
1:30pm- 3:00pm  
Skills to Cope  
1:30pm-3:30pm  
Youth Skills Group  
4:30- 6:30pm  
Gender Diverse Older Adult Group  
(35+) 2:30pm-4:00pm

Youth Skills Group 25  
4:30- 6:30pm  
Skills to Cope  
1:30pm-3:30pm

Community Ties 2  
1:30pm- 3:00pm  
Skills to Cope  
1:30pm-3:30pm  
Youth Skills Group  
4:30- 6:30pm  
Gender Diverse Older Adult Group  
(35+) 2:30pm-4:00pm

## Thursday

Smart Recovery 5  
3:00pm- 4:30pm  
Queer Connections (ages 14-19)  
4:00pm - 5:30pm

Smart Recovery 12  
3:00pm- 4:30pm  
Queer Connections (ages 14-19)  
4:00pm - 5:30pm

Smart Recovery 19  
3:00pm- 4:30pm  
Queer Connections (ages 14-19)  
4:00pm - 5:30pm

Smart Recovery 26  
3:00pm- 4:30pm  
Queer Connections (ages 14-19)  
4:00pm - 5:30pm

Smart Recovery 3  
3:00pm- 4:30pm  
Queer Connections (ages 14-19)  
4:00pm - 5:30pm

## Friday

6

TGIF Cafe & Conversations 13  
1:30pm- 3:00pm

20

27

4