

# February 2025

Small Scale Farms produce available 1:00 pm until gone  
Virtual and In-person

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Creative Writing 3 1:30pm-3:00pm</p>	<p>Let's Get Moving 4 10:00am-11:00am Coping and Connections Club (Ages 16-25) 4:30- 6:30pm</p>	<p>Skills to Cope 5 1:30pm-3:30pm Community Ties 1:30pm- 3:00pm Youth Skills Group 4:30- 6:30pm</p>	<p>Smart Recovery 6 3:00pm- 4:30pm Queer Connections (Ages 14-19) 4:00pm - 5:30pm</p>	
<p>Client Advisory Committee 10 3:00pm-4:00pm</p>	<p>Let's Get Moving 11 10:00am-11:00am Coping and Connections Club (Ages 16-25) 4:30- 6:30pm</p>	<p>Skills to Cope 12 1:30pm-3:30pm Youth Skills Group 4:30- 6:30pm</p>	<p>Ear Acupuncture (Ages 18+) 13 2:00pm -3:00pm Smart Recovery 3:00pm- 4:30pm Queer Connections (Ages 14-19) 4:00pm - 5:30pm</p>	<p>TGIF Cafe &amp; Convo 14 1:30pm-3:00pm</p>
<p><b>CLOSED</b> 17</p>	<p>Let's Get Moving 18 10:00am-11:00am Coping and Connections Club (Ages 16-25) 4:30- 6:30pm</p>	<p>Skills to Cope 19 1:30pm-3:30pm Community Ties 1:30pm- 3:00pm Youth Skills Group 4:30- 6:30pm</p>	<p>Smart Recovery 20 3:00pm- 4:30pm Queer Connections (Ages 14-19) 4:00pm - 5:30pm</p>	
<p>Cancer Screening Coach 24 9:00am-3:00pm PALentines Wellness Day 10:30am-12:00pm Client Advisory Committee 3:00pm-4:00pm 2SLGBTQ+ Youth Social (ages 10-13) 4:00pm-5:30pm</p>	<p>Let's Get Moving 25 10:00am-11:00am Coping and Connections Club (Ages 16-25) 4:30- 6:30pm</p>	<p>Skills to Cope 26 1:30pm-3:30pm Youth Skills Group 4:30- 6:30pm</p>	<p>Ear Acupuncture (Ages 18+) 27 2:00pm -3:00pm Smart Recovery 3:00pm- 4:30pm Queer Connections (Ages 14-19) 4:00pm - 5:30pm</p>	<p>TGIF Cafe &amp; Convo 28 1:30pm-3:00pm</p>

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