


March

2025

Small Scale Farms
produce available
1:00 pm until gone

Virtual and In-person

Monday

 Creative Writing 3
1:30pm-3:00pm


Tuesday

Let's Get Moving 4
10:00am-11:00am
Coping and Connections Club
(Ages 16-25) 4:30- 6:30pm

Wednesday

Skills to Cope 5
1:30pm-3:30pm
Community Ties
1:30pm- 3:00pm
Youth Skills Group
4:30- 6:30pm

Thursday

 Smart Recovery 6
3:00pm- 4:30pm
Queer Connections (Ages 14-19)
4:00pm - 5:30pm


Friday

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Let's Get Moving 11
10:00am-11:00am
Coping and Connections Club
(Ages 16-25) 4:30- 6:30pm

Skills to Cope 12
1:30pm-3:30pm
Youth Skills Group
4:30- 6:30pm


Ear Acupuncture (Ages 18+) 13
2:00pm -3:00pm
 Smart Recovery
3:00pm- 4:30pm
Queer Connections (Ages 14-19)
4:00pm - 5:30pm

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Cancer Screening Coach 17
9:00am-3:00pm
 Creative Writing
1:30pm-3:00pm
Trivia & Prizes Wellness Day
3:00pm-4:00pm

Let's Get Moving 18
10:00am-11:00am
Coping and Connections Club
(Ages 16-25) 4:30- 6:30pm

Skills to Cope 19
1:30pm-3:30pm
Community Ties
1:30pm- 3:00pm
Youth Skills Group
4:30- 6:30pm


 Smart Recovery 20
3:00pm- 4:30pm
Queer Connections (Ages 14-19)
4:00pm - 5:30pm


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 Client Advisory Committee 24
3:00pm-4:00pm
2SLGBTQ+ Youth Social
(ages 10-13) 4:00pm-5:30pm



Let's Get Moving 25
10:00am-11:00am
Coping and Connections Club
(Ages 16-25) 4:30- 6:30pm

Skills to Cope 26
1:30pm-3:30pm
Youth Skills Group
4:30- 6:30pm

Ear Acupuncture (Ages 18+) 27
2:00pm -3:00pm
 Smart Recovery
3:00pm- 4:30pm
Queer Connections (Ages 14-19)
4:00pm - 5:30pm

 TGIF Cafe & Convo 28
1:30pm-3:00pm

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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