

2025

April

Small Scale Farms produce  
available Thursdays  
1:00 pm until gone



Virtual and In-person

Quest  
Community Health Centre

Monday

March 31

Tuesday

Wednesday

Thursday

Friday

Let's Get Moving 1  
10:00am-11:00am  
Coping and Connections Club  
(Ages 16-25) 4:30- 6:30pm

Skills to Cope 2  
1:30pm-3:30pm  
Youth Skills Group  
4:30- 6:30pm

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

Creative Writing 7  
1:30pm-3:00pm

Let's Get Moving 8  
10:00am-11:00am  
Coping and Connections Club  
(Ages 16-25) 4:30- 6:30pm

Skills to Cope 9  
1:30pm-3:30pm  
Community Ties  
1:30pm- 3:00pm  
Youth Skills Group  
4:30- 6:30pm

Smart Recovery 10  
3:00pm- 4:30pm  
Ear Acupuncture (Ages 18+)  
2:00pm -3:00pm  
Queer Connections (ages 14-19)  
4:00pm - 5:30pm

TGIF Cafe & Conversations 11  
(All ages) 1:30pm- 3:00pm

Let's Get Moving 15  
10:00am-11:00am  
Coping and Connections Club  
(Ages 16-25) 4:30- 6:30pm

Skills to Cope 16  
1:30pm-3:30pm  
Youth Skills Group  
4:30- 6:30pm

Smart Recovery 17  
3:00pm- 4:30pm  
Queer Connections (Ages 14-19)  
4:00pm - 5:30pm

18  
CLOSED

21  
CLOSED

Let's Get Moving 22  
10:00am-11:00am  
Coping and Connections Club  
(Ages 16-25) 4:30- 6:30pm

Skills to Cope 23  
1:30pm-3:30pm  
Community Ties  
1:30pm- 3:00pm  
Youth Skills Group  
4:30- 6:30pm

Smart Recovery 24  
3:00pm- 4:30pm  
Ear Acupuncture (Ages 18+)  
2:00pm -3:00pm  
Queer Connections (Ages 14-19)  
4:00pm - 5:30pm

25  
TGIF Cafe & Conversations  
(All ages) 1:30pm- 3:00pm

Cancer Screening Coach 28  
9:00am-3:00pm  
Trivia & Prizes  
1:00pm-2:00pm  
Client Advisory Committee  
3:00pm-4:00pm  
2SLGBTQ+ Youth Social  
(ages 10-13) 4:00pm-5:30pm

Let's Get Moving 29  
10:00am-11:00am  
Coping and Connections Club  
(Ages 16-25) 4:30- 6:30pm

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

Smart Recovery May 1  
3:00pm- 4:30pm  
Queer Connections (Ages 14-19)  
4:00pm - 5:30pm

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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