

2025

May

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



Virtual and In-person

Quest
Community Health Centre

Monday

April 28

Trivia & Prizes
1:00pm-2:00pm
Client Advisory Committee
 3:00pm-4:00pm

Cancer Screening Coach 5
9:00am-3:00pm
Creative Writing
1:30pm-3:00pm

ADHD Empowerment Group 12
1:30pm-3:30pm

CLOSED 19

ADHD Empowerment Group 26
1:30pm-3:30pm
Client Advisory Committee
 3:00pm-4:00pm
2SLGBTQ+ Youth Social
(ages 10-13) 4:00pm-5:30pm

Tuesday

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

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

Let's Get Moving 13
10:00am-11:00am
Coping and Connections Club
(Ages 16-25) 4:30- 6:30pm

Let's Get Moving 20
10:00am-11:00am
Coping and Connections Club
(Ages 16-25) 4:30- 6:30pm

Let's Get Moving 27
10:00am-11:00am
Coping and Connections Club
(Ages 16-25) 4:30- 6:30pm

Wednesday

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

Skills to Cope 7
1:30pm-3:30pm
Youth Skills Group
4:30- 6:30pm

Trans & Gender Diverse 14
Shopping Event
1:00- 3:00pm
Skills to Cope
1:30pm-3:30pm
Community Ties
1:30pm- 3:00pm
Youth Skills Group
4:30- 6:30pm

Skills to Cope 21
1:30pm-3:30pm
Youth Skills Group
4:30- 6:30pm

Skills to Cope 28
1:30pm-3:30pm
Community Ties
10 Year Anniversary Party
1:30pm- 3:00pm
Youth Skills Group
4:30- 6:30pm

Thursday

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

Smart Recovery 8
3:00pm- 4:30pm
Ear Acupuncture (Ages 18+)
2:00pm -3:00pm
Queer Connections (ages 14-19)
4:00pm - 5:30pm

Smart Recovery 15
3:00pm- 4:30pm
Queer Connections (Ages 14-19)
4:00pm - 5:30pm

Smart Recovery 22
3:00pm- 4:30pm
Ear Acupuncture (Ages 18+)
2:00pm -3:00pm
Queer Connections (Ages 14-19)
4:00pm - 5:30pm

Smart Recovery 29
3:00pm- 4:30pm
Queer Connections (Ages 14-19)
4:00pm - 5:30pm

Friday

2

TGIF Cafe & Conversations 9
(All ages) 1:30pm- 3:00pm

16

TGIF Cafe & Conversations 23
(All ages) 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