

Ear Acupuncture will return in September In the meantime you can book individual appointments through front desk



2025

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



Monday

June 30

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

ADHD Empowerment Group 7 1:30pm-3:30pm Art Journal 1:30pm-3:00pm

14

10:00am-11:00am Coping and Connections Club (Ages 16-25) 4:30-6:30pm

Cancer Screening Coach 21 9:00am-3:00pm ADHD Empowerment Group 1:30pm-3:30pm Wellness Day Trivia 2:00pm-3:00pm

Client Advisory Committee 28 (<u>(</u>()8)3:00pm-4:00pm 2SLGBTO+ Youth Social (ages 10-13) 4:00pm-5:30pm

Tuesday

July 1

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

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

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

Wednesday

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

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

Youth Skills Group 16 4:30-6:30pm

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

Youth Skills Group 30 4:30-6:30pm

Thursday

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

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Smart Recovery ⁷3:00pm- 4:30pm Queer Connections (Ages 14-19) 4:00pm - 5:30pm

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

Friday

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

TGIF Cafe & Conversations
(All ages) 1:22

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

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