






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



June 2025

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

 Virtual and In-person



Monday	Tuesday	Wednesday	Thursday	Friday
ADHD Empowerment Group 2 1:30pm-3:30pm	Let's Get Moving 3 10:00am-11:00am Coping and Connections Club (Ages 16-25) 4:30- 6:30pm	Skills to Cope 4 1:30pm-3:30pm Youth Skills Group 4:30- 6:30pm	 Smart Recovery 5 3:00pm- 4:30pm Queer Connections (Ages 14-19) 4:00pm - 5:30pm	 TGIF Cafe & Conversations 6 (All ages) 1:30pm- 3:00pm
ADHD Empowerment Group 9 1:30pm-3:30pm	Let's Get Moving 10 10:00am-11:00am Coping and Connections Club (Ages 16-25) 4:30- 6:30pm	Skills to Cope 11 1:30pm-3:30pm Community Ties 1:30pm- 3:00pm Youth Skills Group 4:30- 6:30pm	 Smart Recovery 12 3:00pm- 4:30pm Queer Connections (ages 14-19) 4:00pm - 5:30pm	
ADHD Empowerment Group 16 1:30pm-3:30pm	Let's Get Moving 17 10:00am-11:00am Coping and Connections Club (Ages 16-25) 4:30- 6:30pm	Skills to Cope 18 1:30pm-3:30pm Youth Skills Group 4:30- 6:30pm	 Smart Recovery 19 3:00pm- 4:30pm Queer Connections (Ages 14-19) 4:00pm - 5:30pm	Annual General Meeting 20 & Community BBQ Market Square 11:30am- 3:00pm Cancer Screening Coach Market Square 11:30am-3:00pm
ADHD Empowerment Group 23 1:30pm-3:30pm Client Advisory Committee  3:00pm-4:00pm 2SLGBTQ+ Youth Social (ages 10-13) 4:00pm-5:30pm	Let's Get Moving 24 10:00am-11:00am Coping and Connections Club (Ages 16-25) 4:30- 6:30pm	Community Ties 25 1:30pm- 3:00pm Skills to Cope 1:30pm-3:30pm Youth Skills Group 4:30- 6:30pm	 Smart Recovery 26 3:00pm- 4:30pm Queer Connections (Ages 14-19) 4:00pm - 5:30pm	
ADHD Empowerment Group 30 1:30pm-3:30pm	July 1 	Youth Skills Group 2 4:30- 6:30pm	 Smart Recovery 3 3:00pm- 4:30pm Queer Connections (Ages 14-19) 4:00pm - 5:30pm	 TGIF Cafe & Conversations 4 (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