

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

2025

 Small Scale Farms produce available 1:00 pm until gone

 Virtual and In-person

Monday	Tuesday	Wednesday	Thursday	Friday
 4	5	Skills to Cope 6 1:30pm-3:30pm Community Ties 1:30pm- 3:00pm Youth Skills Group 4:30- 6:30pm	Smart Recovery 7 3:00pm- 4:30pm Queer Connections (Ages 14-19) 4:00pm - 5:30pm 	8
 Art Journal 11 1:30pm-3:00pm	Let's Get Moving 12 10:00am-11:00am	Skills to Cope 13 1:30pm-3:30pm Youth Skills Group 4:30- 6:30pm	Smart Recovery 14 3:00pm- 4:30pm Queer Connections (Ages 14-19) 4:00pm - 5:30pm 	 TGIF Cafe & Convo 15 1:30pm-3:00pm
18	Let's Get Moving 19 10:00am-11:00am	Skills to Cope 20 1:30pm-3:30pm Community Ties 1:30pm- 3:00pm Youth Skills Group 4:30- 6:30pm	Smart Recovery 21 3:00pm- 4:30pm Queer Connections (Ages 14-19) 4:00pm - 5:30pm 	22
 Client Advisory Committee 25 3:00pm-4:00pm 2SLGBTQ+ Youth Social (ages 10-13) 4:00pm-5:30pm	Let's Get Moving 26 10:00am-11:00am	Skills to Cope 27 1:30pm-3:30pm Youth Skills Group 4:30- 6:30pm	Smart Recovery 28 3:00pm- 4:30pm Queer Connections (Ages 14-19) 4:00pm - 5:30pm	Self-Care Community Event 29 Silver Spire Church 11:00am-3:00pm + Cancer Screening Coach + Small Scale Farms + Mobile Closet

For more information about groups, contact Ailish (she/her) at
awestaway@questchc.ca or 905-688-2558 x 297