



All groups are in person and open to primary care clients unless otherwise noted

## Health & Wellness Groups

### Volunteer

#### Client Advisory Committee

This committee is an opportunity for clients to learn about Quest, share opinions and feedback, make a difference in Quest services, get volunteer experience and meet new people.

**Drop in: 4th Monday of the month from 3:00 — 4:00pm**



Hybrid



All Clients

### Social & Hobbies

#### Art Journal

Join a welcoming, peer-led space where we explore art and journaling to express ourselves, build community and unwind through creativity.

**Drop In: 1st Monday of the month from 1:30 — 3:00pm**



Hybrid

#### Community Ties

Are you looking to become more social? Do you want to get to know your community? Drop in to chat with neighbours, get to know fellow Quest clients and take part in fun activities!

**Drop In: Every other Wednesday from 1:30 — 3:00pm**



Community

#### TGIF Cafe and Conversation

Drop-in to chat with others, have coffee and light snacks.

**Drop In: Every other Friday from 1:30 — 3:00pm**



Hybrid

### Exercise

#### Let's Get Moving

Are you looking to add more activity to your life? Join us for gentle stretching and movement, for any activity level!

**Drop In: Every Tuesday from 10:00 — 11:00am**



All Clients

**ADHD Empowerment Group**

Join us to learn simple CBT exercises to address attention and focus, managing impulsivity, negative thinking, organization and planning. Adults 18+, formal diagnosis of ADHD not needed.

**Now & Zen: Mindfulness for Everyday**

Do you want to learn mindfulness techniques? Learn how to observe thoughts, emotions, and other present moment experiences without judging or reacting to them.

**Mind Over Mood**

Learn to think about yourself and situations in more helpful ways and change the thinking patterns, negative self-talk, and behaviours that keep you stuck.

**Managing Anxiety**

Do you feel overwhelmed? Is anxiety preventing you from living the life you want? This group offers a variety of strategies to help you better cope with your fears and worries.

**Skills to Cope**

Does life often feel chaotic or unmanageable? Do you make impulsive decisions and have difficulty managing your emotions? Learn coping skills to deal with day-to-day life.

**Smart Recovery**

Drop-in group to help those recovering from addictions achieve a healthy, positive and balanced lifestyle.

**Drop in: Every Thursday from 3:00— 4:30pm**

	<div data-bbox="132 56 399 94" data-label="Section-Header"> <h3>Ear Acupuncture</h3> </div> <div data-bbox="132 100 1547 138" data-label="Text"> <p>Drop-in to try 5 point ear acupuncture that can help with stress, addiction, relaxation and more.</p> </div> <div data-bbox="132 144 1209 181" data-label="Text"> <p><b>Drop In: Every other Thursday from 2:00 — 3:00pm (returning in fall)</b></p> </div> <div data-bbox="1890 73 2037 159" data-label="Image"> </div> <div data-bbox="1890 126 2037 159" data-label="Text"> <p>All Clients</p> </div>
Nutrition	<div data-bbox="132 267 415 305" data-label="Section-Header"> <h3>Diabetes Lifestyle</h3> </div> <div data-bbox="132 311 1673 349" data-label="Text"> <p>Join this group as a fun way to learn about new eating and living habits that can help with your Diabetes.</p> </div> <div data-bbox="132 355 1339 393" data-label="Text"> <p>Healthy lifestyle can help with your health and make you feel good about yourself</p> </div> <div data-bbox="1950 306 2018 350" data-label="Image"> </div> <div data-bbox="1940 350 2037 386" data-label="Text"> <p>Hybrid</p> </div>
	<div data-bbox="132 506 325 544" data-label="Section-Header"> <h3>Healthy You</h3> </div> <div data-bbox="132 550 1793 631" data-label="Text"> <p>Are you looking to save time and money in the kitchen without scrimping on taste? Join this group to get tips and recipes to create your own personalized meal plans to get you through the week and even the month.</p> </div> <div data-bbox="1959 531 2026 574" data-label="Image"> </div> <div data-bbox="1950 574 2047 610" data-label="Text"> <p>Hybrid</p> </div>
	<div data-bbox="132 745 327 782" data-label="Section-Header"> <h3>Heart Smart</h3> </div> <div data-bbox="132 789 1820 870" data-label="Text"> <p>Join this group as a fun way to learn about minerals in your food that can lower your blood pressure and a healthy lifestyle that can help your heart and help you feel good about yourself.</p> </div> <div data-bbox="1959 784 2026 828" data-label="Image"> </div> <div data-bbox="1940 828 2037 863" data-label="Text"> <p>Hybrid</p> </div>
<div data-bbox="699 1008 1398 1045" data-label="Text"> <p>*Must register with Youth Outreach Team first*</p> </div>	
Youth Team	<div data-bbox="132 1166 579 1203" data-label="Section-Header"> <h3>Coping and Connection Club</h3> </div> <div data-bbox="132 1209 1778 1291" data-label="Text"> <p>This is a weekly learning and social group for for neurodivergent youth aged 16-25. Join us to learn coping skills, do fun activities and socialize with peers.</p> </div> <div data-bbox="1927 1263 1995 1312" data-label="Image"> </div> <div data-bbox="1864 1312 2055 1347" data-label="Text"> <p>Community*</p> </div>
	<div data-bbox="132 1422 426 1459" data-label="Section-Header"> <h3>Youth Skills Group</h3> </div> <div data-bbox="132 1466 1793 1547" data-label="Text"> <p>A DBT therapy group for youth ages 16-25. Join us to learn about mindfulness, emotion regulation, interpersonal effectiveness and more.</p> </div> <div data-bbox="1927 1446 1995 1495" data-label="Image"> </div> <div data-bbox="1864 1495 2055 1531" data-label="Text"> <p>Community*</p> </div>

\*Must register with Rainbow Niagara first\*

### **Gender Diverse Older Adult Group (30+)**

This is a social group for gender diverse individuals who are 30 and up.



Community\*

### **Gender Quest**

A support group for adults in any stage of gender transition, including those questioning their gender, modeled after Sherbourne Health Centre's Gender Journeys group.



Community\*

### **Queer Connections**

This is a social support group for sexually and gender diverse youth aged 14-19 years. Come out and meet others for discussion, movies, guest speakers and snacks. Transportation is available.



Community\*

### **TRANScendent Families**

A gender affirming group designed for supporting caregivers and their gender diverse youth.



Community\*

### **2SLGBTQ+ Adult Drop In (19+)**

This is a social group for 2SLGBTQ+ adults to have discussions and play games.

**4th Thursday of the month from (location varies)**



Community\*

### **2SLGBTQ+ Youth Social**

This is a social support group for gender diverse youth aged 10-13 years and allies. Get a chance to come out and meet others for discussions, movies, guest speakers and snacks.



Community\*