

# October

# 2025



Virtual and In-person

**Quest**  
Community Health Centre

Monday

Tuesday

Wednesday

Thursday


Friday

**Cancer Screening Coach** 29  
9:00am-3:00pm

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

Let's Get Moving 30  
10:00am-11:00am

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


 Smart Recovery 2  
3:00pm- 4:30pm  
Queer Connections (Ages 14-19)  
4:00pm - 5:30pm

**Creative Corner** 3  
2:00pm-3:30pm

Art Journal 6  
1:30pm-3:00pm  
ADHD Empowerment Group  
1:30pm-3:30pm

Let's Get Moving 7  
10:00am-11:00am  
Ear Acupuncture  
1:30pm-2:30pm

Skills to Cope 8  
1:30pm-3:30pm  
Youth Skills Group  
4:30- 6:30pm  
Gut Feeling Dietitian Q & A  
10:30- 11:30am


 Smart Recovery 9  
3:00pm- 4:30pm  
Queer Connections (ages 14-19)  
4:00pm - 5:30pm

**Food Demonstration** 10  
1:30pm-3:00pm  
TGIF Café and Conversation  
3:00pm- 4:30pm

**CLOSED** 13

Let's Get Moving 14  
10:00am-11:00am

Skills to Cope 15  
1:30pm-3:30pm  
Community Ties  
1:30pm- 3:00pm  
Youth Skills Group  
4:30- 6:30pm


 Smart Recovery 16  
3:00pm- 4:30pm  
Queer Connections (Ages 14-19)  
4:00pm - 5:30pm

**Caregiver Support Group** 17  
10:30am-12:00pm


ADHD Empowerment Group 20  
1:30pm-3:30pm

Let's Get Moving 21  
10:00am-11:00am  
Ear Acupuncture  
1:30pm-2:30pm

Skills to Cope 22  
1:30pm-3:30pm  
Youth Skills Group  
4:30- 6:30pm


 Smart Recovery 23  
3:00pm- 4:30pm  
Queer Connections (Ages 14-19)  
4:00pm - 5:30pm

**CommuniTEA** 24  
10:30am-12:00pm  
TGIF Café and Conversation  
1:30pm- 3:00pm

ADHD Empowerment Group 27  
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 28  
10:00am-11:00am

**Your Voice, Our Future** 29  
11:00am-1:00pm  
Skills to Cope  
1:30pm-3:30pm  
Community Ties  
1:30pm- 3:00pm  
Youth Skills Group  
4:30- 6:30pm

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

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For more information about groups, contact Ailish (she/her) at  
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