

September 2025



Virtual and In-person

Monday

Tuesday

Wednesday

Thursday

Friday



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

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

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

Art Journal
1:30pm-3:00pm

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

Skills to Cope
1:30pm-3:30pm
Youth Skills Group
4:30- 6:30pm
Carb Q & A
10:30- 11:30am

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

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

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

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

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

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

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

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

Cancer Screening Coach
9:00am-3:00pm
ADHD Empowerment Group
1:30pm-3:30pm

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

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

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

Creative Corner
2:00pm-3:30pm

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