

2025

Virtual and In-person

Quest
Community Health Centre

November

Monday



Art Journal
1:30pm-3:00pm

3

Tuesday

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

4

Wednesday

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

5

Thursday

Smart Recovery
3:00pm- 4:30pm
Queer Connections (Ages 14-19)
4:00pm - 5:30pm
Youth Connect
4:30pm - 6:00pm

6

Friday

7

10

CLOSED

11

Ask A Dietitian
10:30am-11:30pm
Skills to Cope
1:30pm-3:30pm
Community Ties
1:30pm- 3:00pm
Youth Skills Group
4:30- 6:30pm

12

Smart Recovery
3:00pm- 4:30pm
Queer Connections (Ages 14-19)
4:00pm - 5:30pm
Youth Connect
4:30pm - 6:00pm

13

14

17

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

18

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

19

Smart Recovery
3:00pm- 4:30pm
Queer Connections (Ages 14-19)
4:00pm - 5:30pm
Youth Connect
4:30pm - 6:00pm

20

TGIF Cafe & Convo
1:30pm-3:00pm

21

Client Advisory Committee
3:00pm-4:00pm
2SLGBTQ+ Youth Social
(ages 10-13) 4:00pm-5:30pm

24

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

25

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

26

Smart Recovery
3:00pm- 4:30pm
Queer Connections (Ages 14-19)
4:00pm - 5:30pm
Youth Connect
4:30pm - 6:00pm

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