

# December 2025




Virtual and In-person

Monday

Art Journal <sup>1</sup>  
1:30pm-3:00pm

<sup>8</sup>

<sup>15</sup>

Client Advisory Committee <sup>22</sup>  
 3:00pm-4:00pm  
2SLGBTQ+ Youth Social  
(ages 10-13) 4:00pm-5:30pm

<sup>29</sup>

Tuesday

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

<sup>9</sup>

<sup>16</sup>

<sup>23</sup>

<sup>30</sup>

Wednesday

Youth Skills Group <sup>3</sup>  
4:30- 6:30pm

<sup>10</sup>


Community Ties Holiday Edition  
1:30pm- 3:00pm  
Youth Skills Group  
4:30- 6:30pm  
Holiday Habits Dietitian Q & A  
10:30- 11:30am


<sup>17</sup>


<sup>24</sup>

<sup>31</sup>

Thursday

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

 Smart Recovery <sup>11</sup>  
3:00pm- 4:30pm  
Queer Connections (ages 14-19)  
4:00pm - 5:30pm  
Youth Connect  
4:30pm - 6:00pm

 Smart Recovery <sup>18</sup>  
3:00pm- 4:30pm  
Queer Connections (Ages 14-19)  
4:00pm - 5:30pm  
Youth Connect  
4:30pm - 6:00pm

<sup>25</sup>

CLOSED

CLOSED

<sup>1</sup>

Friday

TGIF Café and Conversation <sup>5</sup>  
3:00pm- 4:30pm

<sup>12</sup>

<sup>19</sup>

<sup>26</sup>

CLOSED

<sup>2</sup>

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