

# January

# 2026



Virtual and In-person

**Quest**  
Community Health Centre

Monday

Tuesday

Wednesday

Thursday

Friday

29

30

Youth Skills Group 31  
4:30- 6:30pm

CLOSED

2

Art Journal 5  
1:30pm-3:00pm

Ear Acupuncture 6  
1:30pm-2:30pm  
Balance & Mobility  
2:15pm-3:00pm  
Cardio & Strength  
3:15pm-4:00pm

Community Ties 7  
1:30pm- 3:00pm  
Youth Skills Group  
4:30- 6:30pm  
Dietitian Q & A  
10:30- 11:30am

Smart Recovery 8  
3:00pm- 4:30pm  
Queer Connections (ages 14-19)  
4:00pm - 5:30pm

9

12

Balance & Mobility 13  
2:15pm-3:00pm  
Cardio & Strength  
3:15pm-4:00pm

Youth Skills Group 14  
4:30- 6:30pm

Smart Recovery 15  
3:00pm- 4:30pm  
Queer Connections (Ages 14-19)  
4:00pm - 5:30pm

TGIF Café and Conversation 16  
1:30-3:00pm

19

Ear Acupuncture 20  
1:30pm-2:30pm  
Balance & Mobility  
2:15pm-3:00pm  
Cardio & Strength  
3:15pm-4:00pm

Community Ties 21  
1:30pm- 3:00pm  
Youth Skills Group  
4:30- 6:30pm

Smart Recovery 22  
3:00pm- 4:30pm  
Queer Connections (Ages 14-19)  
4:00pm - 5:30pm

23

Client Advisory Committee 26  
3:00pm-4:00pm  
2SLGBTQ+ Youth Social  
(ages 10-13) 4:00pm-5:30pm

Balance & Mobility 27  
2:15pm-3:00pm  
Cardio & Strength  
3:15pm-4:00pm

Youth Skills Group 28  
4:30- 6:30pm

Smart Recovery 29  
3:00pm- 4:30pm  
Queer Connections (Ages 14-19)  
4:00pm - 5:30pm

TGIF Café and Conversation 30  
1:30-3:00pm

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