

# QUEST CHC NEWSLETTER



JUNE 2026

## Event Alert

JOIN US FOR OUR 16TH  
**COMMUNITY BBQ**

**JUNE 19, 2026**  
11:00AM - 2PM



**QUEST CHC PARKING LOT**  
145 QUEENSTON ST ST. CATHARINES

## Questions? Contact:

Ailish (she/her)  
awestaway@questchc.ca  
905-688-2558 x297

## Community Events

### Brain Injury Awareness Month - Event in the Park

Thursday, June 4th  
10:00am - 2:00pm  
188 Linwell Rd

### Thorold Community Market

Wednesdays, June 17 - Aug 26  
5:00pm - 9:00pm  
Battle of Beaverdams Park

Find free  
community  
meals here



## May Recap

In May, we started planning ways we could improve our waiting room for clients. Before we make changes, we want to hear from you. Check out the back to see how you can participate.

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## Waiting Room Feedback

# Help us create a better waiting room for you!



We are conducting this survey to learn how we can make our waiting room feel more welcoming and safe for clients.

*All responses are anonymous.*

A graphic with a dark blue background. On the left, a white smartphone icon with a green checkmark is inside a white circle. To its right, the text "SCAN ME!" is written in large, white, bold, sans-serif letters. Below that, "It only takes a minute!" is written in a smaller, white, sans-serif font. On the right side of the graphic is a large QR code with a green border.

## Dietitian Tip

**Limit sugary drinks and stay hydrated with flavourful alternatives!**

Try adding lemon slices, fresh berries, or cucumber to your water for a refreshing twist.

