

QUEST CHC NEWSLETTER



JULY 2026

Event Alert

TRANS AND GENDER DIVERSE

SHOPPING EVENT

Clothing, jewelry & hygiene items
Personal shopping experience
Quest CHC clients only



Thursday

July 16th, 2026

4:00 PM - 6:00 PM



Quest CHC

145 Queenston St

St. Catharines

Drop in or register with Ailish at
awestaway@questchc.ca
or 905-688-2558 ext. 297

Questions? Contact:

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

Community Events

Mayor's Picnic

Wednesday, July 1st

11:00am-11:00pm

Battle of Beaverdams Park

St. Catharines 150

Wednesday, July 1st

12:00pm-8:15pm

Montebello Park

World Hepatitis Day

Friday, July 24th

11:00am - 3:00pm

Montebello Park

Find free
community
meals here



June Recap

In June, we held our 16th Annual Community BBQ. A special thank you to our community partners, staff, and volunteers whose support and hard work made this event possible. We loved seeing our community come together for a day of connection, fun, and celebration.

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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.



Dietitian Tip

Try eating a variety of colours each day. Different coloured fruits and vegetables provide different nutrients that support your health. 🌈

