

QUEST CHC NEWSLETTER



AUGUST 2026

Event Alert

YOUNG ADULT PEER SUPPORT



YAPS is a peer-led
2SLGBTQ+ group for
folks ages 20-35



SCAN TO SIGN UP



2nd Wednesday of the Month
5:00 PM - 7:00 PM

Community Events

Canal Days Festival

Fri, July 31 - Mon, August 3rd
Port Colborne

Rib Fest

Fri, July 31 - Mon, August 3rd
Starting @12:00pm
Montebello Park

Free Showers and Laundry

Monday-Friday
9:00am-12:00pm
Silver Spire United Church

Find free
community
meals here



July Recap

In July, we created a point of service map that shows where Quest services are available in the community. View the map below.



Questions? Contact:

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

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Participate at Quest



Did you know Quest offers more than primary health care?



We offer a variety of programs and events
designed to support your health and well-being.

There's something for everyone!



Social Groups

Connect, build friendships, and enjoy activities
in a welcoming environment.



Educational Groups

Learn new skills and gain knowledge on topics
that matter to you.



Therapy Groups

Find support, share experiences, and build
coping strategies together.



Dietitian Groups

Get nutrition tips, meal ideas, and support
for healthy living.



Community Events

Celebrate, connect, and engage at fun and
informative events throughout the year.

Check out our calendar and join a program today!

We can't wait to see you!