

QUEST CHC NEWSLETTER



SEPTEMBER 2026

Event Alert



Community Health & Wellbeing Month



October 2026

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Various Dates

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145 Queenston St

Check out the back for details



Questions? Contact:

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

Community Events

Labour Day Parade

Monday, September 7th
11:00am
Delta Bingo to Merritton
Community Centre

Free Showers and Laundry

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

Find free
community
meals here



August Recap

Summer is coming to a close, and we're looking back on so many fun moments at Quest! 🌞💙 From Pride Prom to our annual Quest BBQ. And there's more to come! 🎉 We're already looking ahead to Community Health & Wellbeing Month this October.

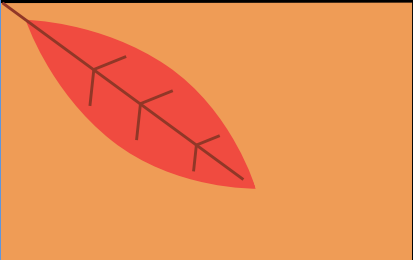
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Next Month: Mark Your Calendars.

COMMUNITY HEALTH & WELLBEING MONTH

	Thurs Oct 8 Free Massage 15-minute massage 9:00 AM - 12:30 PM & 1:00 PM - 4:00 PM* times subject to change East Community Room
	Fri Oct 16 Food Demonstration Cooking with Dietitian Irene 1:30 PM - 3:30PM East Community Room
	Fri Oct 23 CommuniTEA A gathering with community leaders and fellow clients & a light lunch. 10:30 AM - 12:00 PM East Community Room
	Fri Oct 30 Halloween Party Pumpkin painting & games. Costumes encouraged. 1:30 PM - 3:00 PM East Community Room

RAFFLE

Enter to win each time you attend!
Prize raffle will be held at the CommuniTEA

For more details or to register, contact Ailish (she/her)



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