QUEST CHC NEWSLETTER

Quest Community Health Centre

NOVEMBER 2026

Group Alert

Exercising with Chronic Pain

Thursdays 5:00-6:00pm

Join this free, six-session group to learn about chronic pain and take part in guided exercise with a Registered Kinesiologist.

Email Jeff Dertinger (He/Him) at jdertinger@questchc.ca for more info

Questions? Contact:

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

Community Events

Mobile Closet Pop Up
Saturday, November 10th
4:30-6:30pm
3 Lyman St, St. Catharines

Mobile Closet Pop Up
Friday, November 23rd
12:00-2:00pm
4848 Victoria Ave, Niagara Falls

Find free community meals here →

October Recap

Community Health & Wellbeing Month was great fun including free massage, a food demo, a community meal & more!



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Meet Jeff, Registered Kinesiologist



A Kinesiologist can...

Help you improve your balance and mobility to prevent falls.
Help you build strength and improve your flexibility.
Create an exercise plan that works for your abilities and needs.
Help you manage chronic conditions through physical activity.
Help you improve movement and manage pain.
Support you in returning to everyday activities after an injury.
Help you stay active and independent as you age.

If you think you would benefit from this type of support, talk to your provider.

November 2026

Quest Community Health Centre

Monday	Tuesday	Wednesday	Thursday	Friday
2 Skills to Cope 2:30-4:00pm Queer Connections (Ages 14-19) 4:00-5:30pm	**3** Balance & Mobility 2:15-3:00pm Cardio & Strength 3:15-4:00pm Tender Hearts 5:30-7:00pm	**4** Craving Change 2:00-3:30pm Gay Men's Sobriety Group 4:00-5:00pm	**5** Smart Recovery 3:00-4:30pm	**6**
9 Queer Connections (Ages 14-19) 4:00-5:30pm	**10** Balance & Mobility 12:15-1:00pm Cardio & Strength 1:15-2:00pm Quest YAPS (2SLGBTQ+) (Ages 20-35) 5:30-7:00pm	**11** CLOSED	**12** Fall Walking Club 12:00-1:00pm Smart Recovery 3:00-4:30pm Exercising with Chronic Pain 5:00-6:00pm	**13**
16 Queer Connections (Ages 14-19) 4:00-5:30pm	**17** Balance & Mobility 12:15-1:00pm Cardio & Strength 1:15-2:00pm Grace Unfolding: A Transfeminine Circle 5:30-7:00pm	**18** Craving Change 2:00-3:30pm Gay Men's Sobriety Group 4:00-5:00pm	**19** Smart Recovery 3:00-4:30pm Exercising with Chronic Pain 5:00-6:00pm	**20**
23 Queer Connections (Ages 14-19) 4:00-5:30pm	**24** Balance & Mobility 12:15-1:00pm Cardio & Strength 1:15-2:00pm	**25** Community Ties 1:30-3:00pm Dietitian Cooking Group 4:30-6:00pm Gay Men's Sobriety Group 4:00-5:00pm	**26** Fall Walking Club 12:00-1:00pm Smart Recovery 3:00-4:30pm	**27**
30 Queer Connections (Ages 14-19) 4:00-5:30pm	**1** Balance & Mobility 12:15-1:00pm Cardio & Strength 1:15-2:00pm	**2** Craving Change 2:00-3:30pm Gay Men's Sobriety Group 4:00-5:00pm	**3** Smart Recovery 3:00-4:30pm Exercising with Chronic Pain 5:00-6:00pm	**4**

Virtual and In-person