



All groups are in person and open to primary care clients unless otherwise noted

## Health & Wellness Groups

### Volunteer

#### Client Advisory Committee

This committee is an opportunity for clients to learn about Quest, share opinions and feedback, make a difference in Quest services, get volunteer experience and meet new people.

**Drop in: 4th Monday of the month from 3:00 — 4:00pm**



Hybrid



All Clients

### Social & Hobbies

#### Art Journal

Join a welcoming, peer-led space where we explore art and journaling to express ourselves, build community and unwind through creativity.

**Drop In: 1st Monday of the month from 1:30 — 3:00pm**



Hybrid

#### Community Ties

Are you looking to become more social? Do you want to get to know your community? Drop in to chat with neighbours, get to know fellow Quest clients and take part in fun activities!

**Drop In: Every other Wednesday from 1:30 — 3:00pm**



Community

#### TGIF Cafe and Conversation

Drop-in to chat with others, have coffee and light snacks.

**Drop In: Every other Friday from 1:30 — 3:00pm**



Hybrid

### Exercise

#### Exercise Classes

Age & beginner friendly exercise classes led by an instructor from Heart Niagara.








**Drop In: Every Tuesday Balance & Mobility 2:15 — 3:00pm + Cardio & Strength 3:15 — 4:00pm**



Hybrid



All Clients

Exercise	<p><b>Zumba Class</b>            Age &amp; beginner friendly zumba class - a fun, feel-good way to get active!  <b>Drop In: Every Monday 2:00 — 2:45pm</b></p>	 Hybrid  All Clients
Nutrition	<p><b>Diabetes Lifestyle</b>            Join this group as a fun way to learn about new eating and living habits that can help with your Diabetes. Healthy lifestyle can help with your health and make you feel good about yourself.</p>	 Hybrid
	<p><b>Healthy You</b>            Are you looking to save time and money in the kitchen without scrimping on taste? Join this group to get tips and recipes to create your own personalized meal plans to get you through the week and even the month.</p>	 Hybrid
	<p><b>Heart Smart</b>            Join this group as a fun way to learn about minerals in your food that can lower your blood pressure and a healthy lifestyle that can help your heart and help you feel good about yourself.</p>	 Hybrid
	<p><b>Ask A Dietitian</b>            A drop in group to ask your nutrition questions with a new topic each session!</p>	 Hybrid
*Must register with Youth Outreach Team first*		
Youth Team	<p><b>Youth Skills Group</b>            A DBT therapy group for youth ages 16-25. Join us to learn about mindfulness, emotion regulation, interpersonal effectiveness and more.</p>	 Community*

**ADHD Empowerment Group**

Join us to learn simple CBT exercises to address attention and focus, managing impulsivity, negative thinking, organization and planning. Adults 18+, formal diagnosis of ADHD not needed.

**Now & Zen: Mindfulness for Everyday**

Do you want to learn mindfulness techniques? Learn how to observe thoughts, emotions, and other present moment experiences without judging or reacting to them.

**Mind Over Mood**

Learn to think about yourself and situations in more helpful ways and change the thinking patterns, negative self-talk, and behaviours that keep you stuck.

**Managing Anxiety**

Do you feel overwhelmed? Is anxiety preventing you from living the life you want? This group offers a variety of strategies to help you better cope with your fears and worries.

**Skills to Cope**

Does life often feel chaotic or unmanageable? Do you make impulsive decisions and have difficulty managing your emotions? Learn coping skills to deal with day-to-day life.

**Smart Recovery**

Drop-in group to help those recovering from addictions achieve a healthy, positive and balanced lifestyle.

**Drop in: Every Thursday from 3:00— 4:30pm**

**Ear Acupuncture**

Drop-in to try 5 point ear acupuncture that can help with stress, addiction, relaxation and more.

**Drop In: 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month from 1:30-2:30pm**



All Clients

# Health & Wellness Groups

\*Must register with Rainbow Niagara first\*

Rainbow Niagara

## Gender Diverse Older Adult Group (30+)

This is a social group for gender diverse individuals who are 30 and up.



Community\*

## Gender Quest

A support group for adults in any stage of gender transition, including those questioning their gender, modeled after Sherbourne Health Centre's Gender Journeys group.



Community\*

## Queer Connections

This is a social support group for sexually and gender diverse youth aged 14-19 years. Come out and meet others for discussion, movies, guest speakers and snacks. Transportation is available.



Community\*

## TRANScendent Families

A gender affirming group designed for supporting caregivers and their gender diverse youth.



Community\*

## 2SLGBTQ+ Adult Drop In (19+)

This is a social group for 2SLGBTQ+ adults to have discussions and play games.

**4th Thursday of the month from (location varies)**



Community\*

## 2SLGBTQ+ Youth Social

This is a social support group for gender diverse youth aged 10-13 years and allies. Get a chance to come out and meet others for discussions, movies, guest speakers and snacks.



Community\*