



# HEALTH & WELLNESS GROUPS

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

📞 905-688-2558 x 297 ✉️ awestaway@questchc.ca



Group  
Calendar



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



All Clients

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

# Health & Wellness Groups

## Nutrition

### Diabetes Lifestyle

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.



Hybrid

### Healthy You

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.



Hybrid

### Heart Smart

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.



Hybrid

### Ask A Dietitian

A drop in group to ask your nutrition questions with a new topic each session!

**Drop In: 2<sup>nd</sup> Wednesday of the month from 10:30-11:30am**



Hybrid

## Mental Health

### Addiction Support Group

A peer led support group for community members recovering or struggling with any addiction.

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



All Clients

### 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

### Therapy Drop-In: Strategies for Today

A group to help clients better understand how the nervous system, stress responses, and emotional patterns are shaped by life experiences.

**Drop In: 2nd & 4th Monday of the month from 3:00-4:00pm**

# Health & Wellness Groups

## **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**



All Clients

# Health & Wellness Groups

\*Must register with Rainbow Niagara\*

## Grace Unfolding: A Transfeminine Circle

A support group for trans women, non-binary and transfeminine people in Niagara. This group offers a caring, affirming space to build connection, confidence, self-understanding, and community with others who truly get it.

**Drop In: 3rd Tuesday of the month from 5:30pm-7:00pm**



Community\*

## Tender Hearts

A supportive in-person community for trans men and transmasculine folx to connect, share, learn, and grow together. This group is for people who want friendship, solidarity, and support.

**Drop In: 1st Tuesday of the month from 5:45pm-7:15pm**



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.

**Drop In: Thursdays from 4:00 — 5:30pm**



Community\*

## Young Adult Peer Support (YAPS)

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

**Drop In: 2<sup>nd</sup> Wednesday of the month from 5:00 — 7:00pm**



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\*

## 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 and games.

**Drop In: 4th Monday of the month from 4:00 — 5:30pm (Online)**



Community\*