Quest Community Health Centre

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	Details
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	**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 12:15pm — 1:00pm + Cardio & Strength 1:15pm — 2:00pm**	Hybrid All Clients
	Fall Walking Club A neighbourhood walk for all paces. **Drop In: Every other Thursday 12:00pm — 1:00pm**	All Clients

	Health & Wellness Groups	Details
Exercise	**Exercising with Chronic Pain** Living with ongoing muscle, joint, or back pain? Join this free, six-session group to learn about chronic pain and take part in guided exercise with a Registered Kinesiologist.	Hybrid
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 Join us for tips and recipes to create your own meal plans to get you through the week or 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
	Craving Change CBT-based how-to workshop for changing your relationship with food to help you understand WHY you eat the way you do and to help change your thinking & eating patterns.	Hybrid

	Health & Wellness Groups	Details
Mental Health	**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.	
	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**	
Rainbow Niagara	**Families in TRANSition (FIT)** This is a specialized, multi-week support and education program designed for families, caregivers, and transgender, non-binary, or gender-exploring youth.	Community*
	Queer Grief Group A grief support program with Hospice Niagara where we make space for grief, healing, and connection in the queer community.	Community*

Health & Wellness Groups *Must register with Rainbow Niagara*	Details
Rainbow Niagara	
Grace Unfolding: A Transfeminine Circle A support group for trans women, non-binary and transfeminine people in Niagara. A caring, affirming space to build connection, confidence, self-understanding, and community. **Drop In: 3rd Tuesday of the month from 5:30pm— 7:00pm**	Community*
Tender Hearts A support group 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. **Drop In: Mondays from 4:00pm — 5:30pm**	Community*
Young Adult Peer Support (YAPS) YAPS is a peer-led 2SLGBTQ+ group for folks ages 20-35. **Drop In: 2nd Wednesday of the month from 5:00pm — 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*
Grounded Gay, bi & queer men's recovery coffee social for those who are in recovery or working toward making positive changes in their relationship with substances. **Drop In: Tuesdays from 4:00pm — 5:00pm @Black Bear Bakery**	Community*