



Community Wellness

Youth Summit For Mental Health

Thursday August 17, 2023

Free In Person Event for Youth 12-19 years of age

- Get out, socialize and support your peers
- Engage in conversation and activities about mental health
- Learn skills to assert yourself and take action in your community
- Share diverse perspectives in an inclusive and safe space
- Refreshments and lunch provided



Register Here!

Join us at **156 Ann Street, Belleville**

9:30am-4:30pm on August 17, 2023

Please register as space is limited. Register online on eventbrite

Or call the Community Health Centre at 613-962-0000 and press 0 for Reception

Or email program-admin@bqwchc.com



Belleville and Quinte West
Community
Health Centre



Canadian Mental
Health Association
Hastings Prince Edward
Addictions and Mental Health Services



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Website: www.bqwchc.com