



Primary Health Care



Belleville and Quinte West  
Community  
Health Centre

# Bouncing Back from Anxiety & Depression

Thursdays at 1:30 pm — Begins in May



Mental Health psychoeducation, focusing on awareness  
and how to accept, cope, change

- WHAT:**
- Learn what fuels your depression and anxiety
  - Discover practical coping tools and strategies
  - Receive peer support, learn self-management

**WHEN:** Thursdays from 1:30—3:30 pm  
May 19, 2022 - July 7, 2022

**WHERE:** In-Person 69 Catherine Street, Quinte West \*Virtual Option

## ADVANCE REGISTRATION REQUIRED

For more information or to register, please call **613-962-0000 x210**

*Please Note:*

*This program is being offered with appropriate safety precautions due to COVID-19.  
Group programs may be cancelled with short notice due to COVID-19.*



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Website: [www.bqwchc.com](http://www.bqwchc.com)