



Community Wellness

Chronic Pain & Conditions Support Group

Online through Zoom

1st Wednesday of each month at 1:30 pm

For adults and their
supports or caregivers



- WHAT:** Learn from and support each other
Access resources and information
- WHEN:** 1st Wednesday of each month from 1:30—3:00 pm
April 5, May 3, June 7, 2023—will start meeting again in
September
- WHERE:** Online through Zoom

FREE & Open to Everyone in the Community!
Facilitated by BQWCHC Volunteers

ADVANCE REGISTRATION REQUIRED

For more information or to register, call
613-962-0000 and press 0 for Reception

Note: Group programs may be cancelled with short notice due to COVID-19



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