



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
September 7, October 5, November 2 & December 7
- WHERE:** Online through Zoom
Details will be sent to your email so you can join the sessions

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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Website: www.bqwchc.com