



Community Wellness

# Drop in—Colouring for Adults 16+

1st and 3rd Tuesday of each month at 1:30 pm



**WHAT:** JOIN US to get out of the house, talk with others if you wish, be yourself and be creative.  
No experience necessary. Supplies are provided.

**WHEN:** 1st and 3rd Tuesday of each month from 1:30—2:30 pm  
September 6, 20; October 4, 18; November 1, 15, and  
December 6, 20, 2022

**WHERE:** 161 Bridge St. West, Unit One, Belleville  
**FREE & Open to Everyone in the Community!**  
Facilitated by BQWCHC Volunteers

Drop by the 1st Tuesday of each month or for more information,  
call **613-962-0000** and **press 0 for Reception**

*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.*



Like us on Facebook!



Follow us on Twitter!