



# Feel Good Fridays

## Relax, colour and chat

Wednesday July 14, 2023



- WHAT:**
- Come by and say hello
  - Check out our colouring sheets
  - Chat about how colouring and other activities help us to relax

**WHEN:** Friday July 14, 2023 1:00-4:00pm

**WHERE:** Centennial Park by the Quinte West Pop Ups  
7 Couch Street, Trenton



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