



Feel Good Fridays

Information about Mental Health Support in Quinte West

Friday August 25



- WHAT:**
- Discuss mental health and wellness
 - Access a variety of mental health resources, take home information
 - Short video about mental health

WHEN: Friday August 25, 2023 1-4pm

WHERE: Quinte West Pop Ups in Centennial Park
12 Couch Crescent, Trenton



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