



Belleville and Quinte West
Community
Health Centre

BQWCHC

Healthy communities where everyone belongs.



ANNUAL REPORT 2022-2023



Vision

Healthy communities where everyone belongs.

Mission

Our mission is to improve the health of people and communities, with a focus on those who face barriers to physical, mental and social well-being. We do this by ensuring equitable access to primary health care, building community, empowering people, collaborating, and delivering evidence-informed quality programs and services.

Values

Inclusion & Respect

Integrity

Health Equity

Holistic

Strengths-Based & People-Centred

Compassion

Our Priorities

Healthier People and Communities

Our focus is squarely on improving the health outcomes for those we work with – both individuals and communities. We acknowledge and honour their goals, their experience, and their social context as central to our work. And we recognize the dynamic relationship between individual health and community health. We are dedicated to working in ways that engage the communities we serve and being a resource to those communities.

Resilient Team and Organization

We are committed to ensuring our communities are supported by a strong and healthy community health centre that is fully staffed, adequately resourced, accountable, capable, and dynamic. The Covid-19 pandemic presented significant challenges for the organization. Emerging from it presents opportunities to refresh aspects of our organization and how we support our team.

A Stronger System

We recognize the importance of relationships in all that we do – between workers and clients, between organizations, between people and the systems that serve them. We will work with others with a shared responsibility to create coordinated systems of support and opportunity – a stronger system that uphold us all.

BQWCHC at a Glance



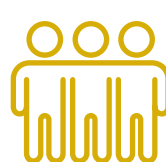
62 Staff



Annualized
budget
\$7,400,000



40,945
Encounters
with clients



85 New primary
care clients
taken in



39 Volunteers
contributing
over 1,392 hours



6 Funders

From the President

I am delighted to report to the 2023 Annual General Meeting of BQWCHC. While this might be the 13th AGM for our organization, it is my first as the President and Chair of the Board of Directors.

At last year's AGM, the Board introduced BQWCHC's new Strategic Plan. The Board has continued to support and encourage programs that help people who face barriers to access. As the issue of homelessness increases, we have been pleased to see our staff involved in efforts such as "the Bridge" in Belleville and an Outreach team in Quinte West, which promote healthier people and communities. The Board is proud of the new building and the developing Health Hub project in Quinte West and happy with BQWCHC's leadership role in developing the Hastings & Prince Edward Ontario Health Team Prince Edward Ontario Health Team, all of which are examples of our dedication to building a stronger system. It has been an exciting year for the Board to see the Strategic Plan take shape.

Another focus of the past year was preparing for BQWCHC's accreditation review with the Canadian Centre for Accreditation. This process involved countless hours of preparation and engagement, collecting and reviewing policies, and participating in interviews with the reviewers. I was able to attend the session when the reviewers gave their verbal report to the staff. It was one of my proudest moments as President to sit with the staff and hear such positive feedback, including how the work at BQWCHC meets and even exceeds Accreditation standards. Our staff are leaders in our communities and among Community Health Centres in the Province.

There is always a lot going on at Belleville and Quinte West Community Health Centre, and this is only possible with the support of many. On behalf of our entire Board, I recognize the people of our communities, including those who use our services; our partners in health care and community support services; Sheila, the management team and all the staff and volunteers; and our funders, Ontario Health, Health Canada, Hastings County and others. Thank you for your investment in our communities and your compassion for those who face barriers accessing primary care services. BQWCHC exists because of you.

Finally, I recognize two Board members who will not return next year. After nine years, Wendy Osborne has reached the term limit allowed for Board Members. Wendy has been our Treasurer and Chair of the Finance Committee for as long as current Board members have been on the Board and served on many other Committees along the way.

Kathy Baker joined the Board in 2016, and her contributions to BQWCHC include serving as a Board Committee member, including the Strategic Planning Steering Committee, and as the Chair of the Quality and Risk Management Committee. We will miss their leadership, good humour, and knowledge of the organization. As Wendy and Kathy leave the Board and new members join, we remain committed to our vision:

Healthy communities where everyone belongs.

James Huff,
President, and Chair of the Board of Directors BQWCHC



From the Executive Director

Seems like it happens every year – a whirlwind, a moment to reflect, and then headfirst into the next thing – and this year is no different.

During the year we wrestled with the latest roars and growls of Covid, worked our way toward accreditation, supported clients and communities struggling under the weight of inflation, lack of housing, drug poisonings, lack of access to services, and the graves of more lost children found. It's been a challenge at times for each of us to manage our own Covid experiences while supporting others through theirs. And it is a privilege for us to continue to support our communities.

To take a breath is that moment to realize how much has been done, the sacrifices and hard work of everyone in making things happen, the satisfaction of a job well done. Wait...wait...just a couple more minutes please...

This year we said goodbye to a few of our colleagues: Gretchen Grenke, Carla Gunn, Adam Hambly, Stephanie Lawrence, Michael Li, Jason Scott, Lorrie Taylor, Jessica Stevenson, Brittany Papke, and Sofija Rans. Thank you all for your hard work, and the positive differences each of you have made. We wish you all the very best!

We celebrated our volunteers...Thank you all for your generosity, ideas and enthusiasm!

Thank you as well to our staff, management team, and the Board. Your ongoing support – especially in challenging times – is what makes BQWCHC a great place to work.

Our Strategic Plan focuses on Healthier People and Communities, Leveraging Partnerships, and a Resilient Team and Organization. Those are indeed all the bits. I'm pleased to provide more detail below on how we've been leaning into each of those over the past year.



Sheila Braidek,
Executive Director

Healthier People & Communities

Our focus on healthier people and communities is about offering the right programs and services in the right place to the right people and in the right way. What do we think is 'right'?... Programs and services that are accessible, informed by evidence and by people's lives, and that are pursued with people not done to them.

All BQWCHC programs have an equity lens. This means we take intentional steps to ensure that everyone has an equitable opportunity to access services and achieve their best possible health.

We are a comprehensive primary health care model. We provide primary family medical and nursing care, social work, respiratory therapy, chronic disease prevention and management, nutritional counselling, community pharmacy, and a range of wrap-around social and community supports for the people on our roster.

We also provide a range of health promotion and community development initiatives for and with clients and the community at large.



Sarah, Stacey and Jacob share their story with "readers" at the RYO Human Library event

2SLGBTQ+ Human Library

A group of youth from the Rainbow Youth Leadership program came together to organize a 2SLGBTQ+ Human Library at the Trenton Farmer's Market last summer. A Human Library is an event where real people are asked to be "human books" and to share their stories with the other participants (the readers) who can ask questions and have a personal conversation rather than receive a presentation or a lecture.

The event provided safe space for dialogue, with several members from the local 2SLGBTQ+ volunteering to be human books and sharing their stories. Participants attending the event had the opportunity to sit down with a human book to respectfully ask questions and broaden their understanding of lived experience of others and challenge their thinking and understanding of prejudices and stereotypes experienced by members of the 2SLGBTQ+ community.



Medical and **Nursing** had 26,269 visits with 3,293 clients over the year. This is notably more clients and visits per FTE (full time equivalent) as previous years.

Of these clients, 1,251 accessed our broader interprofessional team – with 2,086 visits with our **Social Workers**; 304 visits with the **Registered Dietician**; 638 visits with the **Pharmacist**; 670 visits with our **Respiratory Therapists**; and, 564 visits with our **Chronic Disease Nurse**. Clients were supported by these staff in partnership with their primary care provider, to address specific medication, educational, physical and/or mental health issues.

Our **ETC Team (Encompassing Team Care)** went through some significant changes this year. We revised the Complex Case Worker role to allow for a full time Community Resource/Support Worker in both Belleville and Quinte West. This role then was adjusted to be both a general resource to community members and a more dedicated support to clients with ongoing complex health and social needs. This team worked with a total of 348 clients during 2,037 visits.

Our **Thrive Team** enjoyed continued stability through the year and this showed as they were able to provide 1:1 supports, undertake additional training, and expand group programming. Thrive is a regional program for pregnant and/or parenting women with substance use challenges, that worked with 94 clients through 2,424 visits across all of HPE.

Our **Health Promotion** programs focus on building people's ability to better manage their health and the health and wellbeing of the community as a whole. These include virtual and in-person groups focused on physical activity, disease self-management, supporting each other and building community. This year we had a total of 360 participants in registered groups and 1,748 attendances in open groups. Although it has been hard to sustain group-based activity through Covid we continue to work hard to recover our group activity. So much of wellness is informed by a sense of belonging and it is easier to take action together on common issues than working alone.

Our **Volunteer Program** and the Board of Directors and its Committees are also examples of health promotion and community development. The folks who are impacted by the work we do and by health issues in our community are engaged to provide leadership on how we respond – both at the programmatic and governance levels. Our volunteers are champions of wellbeing who bring their own skills and experience to a wide range of roles. In 2022/23 we had 39 volunteers contribute over 1,391 hours. Thank you! Thank you! Thank you!

BQWCHC has an **Outreach Program** in Quinte West that focused on people who are unhoused and/or at risk of homelessness. This program was funded by Hastings County and provided for a part time Nurse and full time Community Support Worker. The Nurse provided some basic care, health education, and system navigation, while the Community Support Worker focused more on food security, harm reduction, and connection to community resources. Over the year, the program connected with 114 clients over 1,330 visits.

In 2022/23, BQWCHC continued to operate our **Oral Health Program** for people living on low-incomes. This program provides basic dental hygiene and restorative dental care for households earning less than \$35,000. Good oral health is key to overall good health. This year we were pleased to welcome Dr Baburajan Sundaram to the team! Together the program was able to serve 720 clients over 2,994 visits.

Telemedicine (Virtual Care) allows individuals who would otherwise have to do extensive travelling to see specialists to use technology at their local primary care site (9 sites across the region) with the support of our Telemedicine team. This year the team connected 857 people with 67 different consultants in 17 specialties. Mental health, Dermatology, and endocrinology are the most common referral requests.

One unique success this year was a collaboration with Kingston Health Sciences in offering a hybrid (in-person and virtual) Multi-care Kidney Clinic (MCKC) at our Belleville site. The clinic allows clients with advancing kidney disease to be seen by a nephrologist in person and to connect virtually to an expert nurse care coordinator/educator at Kingston Health Sciences simultaneously. A total of 84 MCKC appointments have been supported.



BQWCHC Volunteer Appreciation Day

Lung Health Program

BQWCHC is the host agency for two Registered Respiratory Therapists (RRTs) who provide direct support to clients living with chronic lung disease across the region including those with Chronic Obstructive Pulmonary Disease (COPD) & Asthma. The RRTs are also leads in the development and facilitation of an evidence-based community-lead Lung Health program for the HPE Ontario Health Team.

One of the important aspects of the RRTs work is to confirm a COPD diagnosis through spirometry – a breathing test that requires clients to breathe through a machine that measures overall lung capacity and strength. Despite infection control protocols during the pandemic intermittently shutting down this testing, the Lung Health RRTs were still able to conduct a total of 451 spirometry tests across Hastings Prince Edward County region.

A Lung Health Program educational event was hosted in the fall attracting 50+ attendees including Primary Care Providers, Hospital Physicians and Allied health professionals. The event was a great success and annual education events will help to bring together a community of practice for those involved in the care of clients with COPD and other lung diseases around evidence-based care.

The “Better Breathers” COPD peer support group for clients and caregivers living with lung disease restarted in person in Belleville and expanded to Quinte West during 2022/23. There is a plan to expand to offering a peer support group in Prince Edward County in the next year.

The Better Breathers Program provides individuals with a COPD diagnosis to meet informally to learn from one another and to build a sense of community with others who share similar challenges and successes.



Respiratory Therapist Emilie Simard assists BQWCHC Client Lorraine with Spirometry test

Focus on Quality

We maintain and promote the quality of our work in many different ways. This year we established a cross-organization Quality Improvement and Data Quality Committee. Quality improvement relies on good data. Some of the work this group has driven in the past year has been an organization-wide Quality Improvement Plan, a critical review of support for clients accessing services frequently, and improving our data collection. We learn through each of these activities and apply that learning to our ongoing work.

Covid Response & Recovery

Our Covid response continued this year. We offered food supplies from our food cupboards and free frozen and hot meals, we helped people navigate health systems, and we continue to provide education about Covid and reducing risks. These activities have been open to anyone from our community.

BQWCHC staff and volunteers prepared and distributed over 250 hot festive meals in the days before Christmas. In addition to the nearly 250 meals being prepared by BQWCHC, Doug's Bicycle and Sans Souci contributed to a generous donation of 75 meals to be delivered to community partners, including the Home for Good building in Belleville. Thank you!



BQWCHC Dietician Jen Allan and her team prepare hot meals for the Festive Meals program



BQWCHC participated with two other primary care partners across the area, in offering a Covid, Cold and Flu Care Clinic during winter flu season this past year. Together the clinics offered after-hour appointments seven days per week to the general public for prompt and comprehensive assessment, diagnosis and treatment of respiratory symptoms.

Covid has also been hard on our volunteers. We initially closed down our volunteer program to reduce risk of Covid infection. Over the past year we have been working to bring the program and all the activities back. Volunteer have helped offer a wide range of activities and volunteering is itself a great way to meet new people, learn new skills, and help make change in our community!

Finally, we continue to see the effects of the pandemic on our community. People are more isolated and are sicker when they finally do seek out help. And unfortunately, some of the systems of support people once relied on are not available anymore or are overwhelmed.

Leveraging Partnerships

The Bridge

This year, BQWCHC starting working more closely with the Bridge Street United Church Drop-in to support people who are unhoused. We were successful in getting funding from Health Canada Substance Use and Addictions Program (SUAP) to March of 2025 for 'The Bridge'. The overall purpose of this project is to connect highly marginalized individuals in Belleville, including people who are experiencing homelessness and people who use substances, to low-barrier harm reduction supports to improve their health outcomes and promote health equity. We are delighted to be working with Bridge Street United Church, John Howard Society, Hastings Prince Edward Public Health, Grace Inn, Enrichment Centre for Mental Health, and Canadian Mental Health Association on this exciting initiative!

Beyond the time-limited Health Canada project, this group of organizations are also working to consolidate and expand supports for unhoused folks in our community into an integrated hub model. This model will centralize and coordinate access to services, increase the range of services, and "Bridge" people to services and opportunities to improve their health and wellbeing.

Hastings Prince Edward Ontario Health Team (HPEOHT)

BQWCHC continues to participate in the evolution of the HPEOHT. This collaboration of health and human service organizations is focused on ensuring everyone in our area has access to the full spectrum of health services that they need.

In 2022/23 some of the HPEOHT accomplishments included getting our website up (see us at www.hpeoht.ca), running after hours Covid/Cold/Flu clinics from November to March, supporting people unattached to primary care through dedicated virtual clinics, securing funding for a Lower Limb Preservation project, evolving our governance, and working hard to engage clients, community and providers in the work of the OHT. BQWCHC participates in most areas of HPEOHT activities. Executive Director Sheila Braidek is one of the three Co-Leads in partnership with Mayo Hawco (Gateway CHC) and Odila Hoye (HPE OHT Client Patient and Partner Council).



In Their Shoes

In Their Shoes – is a community fundraising event to raise awareness about the day-to-day challenges experienced by the unhoused community in Quinte West. This year the Belleville and Quinte West CHC put in a team – BQWCHC Big Hearts – and raised \$2,100.00! The funds raised will support various organizations in Quinte West who provide services and supports to those experiencing homelessness including Catherine's Kitchen, Community Partners for Success, Quinte West Food Bank, Peer Support Services of South Eastern Ontario (PSSEO) and others. Way to go Team!

Thank you team
Big Hearts



Trenton Community Health Hub

Phase 2 of the Trenton Community Health Hub is underway! With the support of a grant from the Ministry of Health and Long Term Care BQWCHC, the VON Adult Day Program, HPE Public Health, and the Canadian Mental Health Association HPE are finally into the design stages of the project. These organizations will share our building at 69 Catherine Street in Trenton. Phase 2 is the finishing of the ground level. While we still have no timeline on completion, we are very excited to be moving this along as quickly as possible!

Resilient Team And Organization

We know that we are best able to meet the needs of our clients and community when we have a strong and well-supported team.

Last year we started making that shift from pandemic response to pandemic recovery. This included working with staff to test some alternate work arrangements – working from home one day per week or compressing a work week. It also included some intentional reorientation to some policies and procedures, and concerted efforts to try recover on some of our programs. We know that Covid recovery for us as an organization is an ongoing process, just as it is for all of us – staff and clients – as individuals. Talk about a group learning exercise!

Our focus for professional development was also linked to Covid recovery. We looked at the Impact of Covid, Ethics and Moral Distress, and Building Our Collaborative Practice. All of these sessions, and follow up planned for the coming year, are about being in the right relation – with each other and with the people we serve.

We also spent a fair bit of time this past year doing advance work for our accreditation. BQWCHC is seeking to be accredited by the Canadian Centre for Accreditation. This program looks at overall organizational health, our approach to our work, and the programs and services we offer. The actual on-site review took place in April 2023 and results are pending. This exercise – while intensive – has been a great opportunity to celebrate what we do well and how we can improve overall. Thanks to the clients, volunteers, community partners and staff who participated in that effort!

Congratulations to Tania Strong, RPN, the inaugural recipient of the 2022 WeRPN Award of Excellence in Mental Health! This award is presented by the Registered Practical Nurses Association of Ontario to an RPN “who has contributed in a significant way, on an ongoing basis, within the area of mental health in Ontario; and whose efforts have demonstrated exemplary nursing practices, innovation to enhance the patient experience, promotes mental health awareness and provides supportive care” in recognition of Tania’s day to day work at BQWCHC. Way to go Tania!



Tania Strong,
WeRPN Award of Excellence
in Mental Health inaugural
recipient.

Staff Appreciation

BQWCHC recognizes the good work and contributions of our staff on an ongoing basis. And it is important to acknowledge the milestones. Each year we celebrate with staff Years of Service Awards. In 2022 we recognized Tania Strong, Daina Green, Roger Snow, Helen Lakhan, Julia Miles, and Sheila Braidek for 5 years of service. We also recognized Cheryl Swallow, Heather Sylvester-Giroux, Jennifer Allan, Jessica Stevenson, Krista Smith, Luba Shepertycky, Natasha Kerr, Pamela Garrison, and Valerie Robinson for 10 years of service. Thank you all for your hard work, professionalism, and good humour!



Staff Appreciation – 10 Years!



Staff Appreciation – 5 Years!

Nuts & Bolts

We have a new IT team – Marc and John – and they have been busy! This year was focused on refreshing some of our security systems and infrastructure as part of our post-Covid recovery. Server upgrades, new wifi throughout both buildings, and updated VPN position us well going forward. The team also handled 731 IT help-desk tickets.

With our new building at 69 Catherine Street, we had a bit more work to do managing our facilities. Thanks to Roger and Janine for working their way through the assorted big and little headaches. The HR team had a busy year as well updating our inventory and introduced a new Human Resource information system – all while ensuring a smooth and successful process for payroll, new hires, paying bills and keeping the lights on - Thanks to our HR and Finance team, Sarah and Helen!

Marsha Stephen Community Health Leadership Award

We are delighted to announce that Bev Woods, Registered Dental Hygienist is this year's Marsha Stephen Community Health Leadership Award recipient! This Award is given by the BQWCHC Board of Directors to recognize people in our community who understand that health starts where we live, learn, work and play, and the importance of collaboration. Bev is one such leader.

Bev Woods has been a Registered Dental Hygienist for over 34 years. Over the years, she has served as President and Director of the Ontario Dental Hygienists Association (ODHA) and Executive Council Member for the College of Dental Hygienists of Ontario (CDHO) and currently holds the Director position for Ontario on the Canadian Dental Hygienist Association (CDHA).

Bev's passion is to ensure everyone has access to essential oral health and has devoted the last 14 years to building her non-profit organization, Gift from the Heart. Bev just opened an outreach dental clinic in Brighton, Ontario to provide emergency dental and preventative oral healthcare for our under-served residents.

"Bev's passion to think outside the box to bridge the gap and deliver solutions is nothing less than remarkable. Bev never takes NO for an answer. When Bev was overrun with phone calls from residents being turned away from accessing oral healthcare, Bev looked for solutions..." and found them.

Thank you for your leadership Bev. Congratulations!

The Marsha Stephen Award was established to recognize leaders in the Quinte area who understand that health starts where we live, learn, work and play: in our community.



Bev Woods, BSc, RDH
CEO/Founder

Finance Committee Report 2022-2023

On behalf of the Finance Committee and the entire Board of the Belleville and Quinte West Community Health Centre, I am pleased to present the highlights from our financial statements for the twelve months ending March 31, 2023. Copies of the complete audit, conducted by Welch LLP, can be obtained from info@bqwchc.com.

Wendy Osborne, Treasurer

Statement of Financial Position and Statement of Revenue, Expenses and Change in Net Assets (As excerpted from the Audited Financial Statements)

	2022/2023	2021/22
CURRENT ASSETS		
Cash	\$4,857,461	\$5,824,274
Accounts receivable	177,646	198,739
Government rebate recoverable	83,734	350,418
Prepaid expenses	104,136	74,305
	5,222,977	6,447,736
TANGIBLE CAPITAL ASSETS	12,916,683	13,392,902
INTANGIBLE CAPITAL ASSETS	10,183	4,734
	\$18,149,843	\$19,845,372

LIABILITIES AND NET ASSETS

CURRENT LIABILITIES

Accounts payable and accrued liabilities	\$366,670	\$370,449
Government remittances payable	22,868	22,305
Subsidies repayable	3,730,599	4,679,397
Deferred revenue	715,947	749,057
Line of credit	-	300,000
	4,836,084	6,121,208

DEFERRED CONTRIBUTIONS

NET ASSETS

Invested in tangible and intangible capital assets - internally restricted	573,063	577,000
Unrestricted	-	-
	573,063	577,000
	\$18,149,843	\$19,845,372

	2022/2023	2021/22
REVENUE	\$9,093,011	\$8,388,149
EXPENSES	7,902,421	
Excess (Deficiency) of Revenue over Expenses, before under noted item	1,190,590	6,996,055
Gain on Sale of Capital Assets	(3,167)	62,198
Less: Subsidies repayable	(1,191,360)	(1,394,342)
Excess (Deficiency) of Revenue over Expenses	(3,937)	59,949
Net Assets, beginning of the year	577,000	517,051
Net Assets, end of the year	\$573,063	\$577,000

Board of Directors 2022-2023

James Huff,
President

Kim Egan,
Vice-President

Wendy Osborne,
Board Treasurer

Scott Robertson,
Board Secretary

Kathy Baker

Patricia Sukha

Jae-Marie Ferdinand

Frank Hiebert

Mary Lynne Forestell

Lisa Turik

Lorrie Heffernan*

*Indicates members who
resigned during the year

Our Staff 2022-2023

Adam Hambly*
Amy Devonshire
Anastasia Bennett
Angela Jones
Anna Sherlock
Brittany Papke*
Carla Gunn*
Carrie McGeown
Chad Duff
Cheryl Swallow
Christanne Lewis
Christina De Wit
Daina Greene
Deborah Scaletta
Dolores Turner
Elaine Radway
Elizabeth Cole
Emilie Simard

Eric Kruger
Eva Chen
Genevieve MacDonald
Gretchen Grenke*
Heather McColman
Heather Sylvester-Giroux
Helen Lakhani
Holly Johnson
Jahlissa Yome
Janet Szabo
Janine DeVries
Jason Scott*
Jennifer Allan
Jessica Stevenson*
Jessica Tweedy
Joanne McLatchie
Julia Miles
Karine Winchester

Kimberley Boyle
Kira Abelsohn
Kira Fox
Krista Smith
Krista Vandermeer
Kristina Salomon
Laura Wattie
Leigh-Anne Townsend
Lorri Taylor*
Luba Shepertycky
Marc Snelgrove
Meghan Rosborough
Melissa Airhart
Michael Li*
Natalia Howard
Natasha Kerr
Natasha Theocharides
Owen Kavanagh

Pamela Garrison
Rachel O'Sullivan
Roger Snow
Rosemary Baldini
Samantha McCrum
Sarah Graham
Sarah Powell
Sheila Braidek
Sofija Rans*
Sonya Fuerst
Stephanie Lawrence*
Stephanie Nickerson
Sydney Akey
Tania Strong
Valerie Robbins Vicki
Forestell Vikie Bedard

*Indicates people who left
BQWCHC during the year



Our Donors:

Gerald Watts

Our Funders:

Ontario Health East, Health Canada,
Hastings County, United Way – Simcoe Muskoka

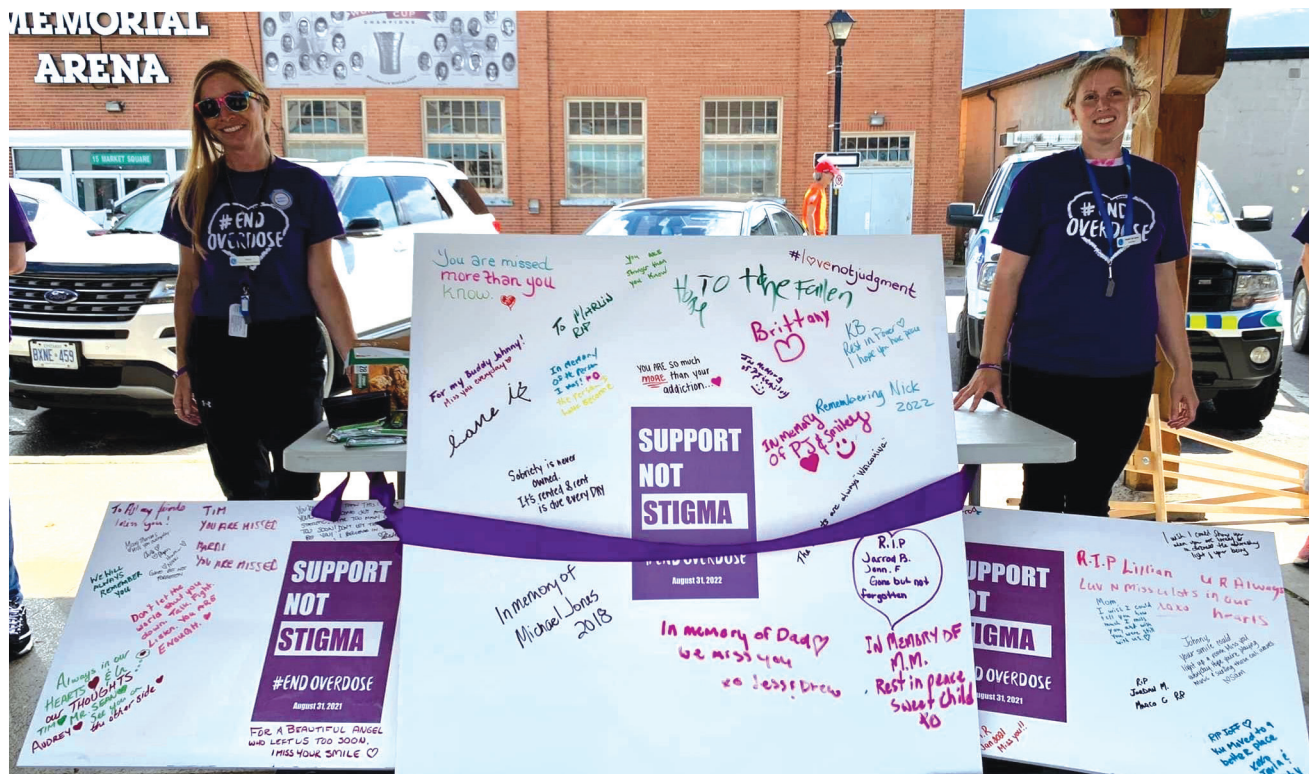
BQWCHC appreciates the financial support of all our funders. The views expressed in this report are those of BQWCHC only.

Every. One. Matters

With the overlapping crises of the pandemic, homelessness, poverty and isolation, food security, the drug poisoning crisis and countless other factors impacting our health and wellbeing, the work we do to support mental health awareness in our communities grows ever stronger.

BQWCHC builds partnerships with our clients and the communities we serve to address stigma, overcome barriers and build resilience together!

Keeping people well, and keeping communities healthy.
This is what Community Health Centres do!



Belleville and Quinte West
Community
Health Centre

Stronger
together



take that
first step!!

SPREAD
LOVE
NOT
HATE



**Alliance for
Healthier Communities**
Alliance pour des
communautés en santé



**Ontario
Health**



**Belleville and Quinte West
Community
Health Centre**