

Behind the Mask: A Mental Health Story Space

In honour of Mental Health Awareness week and this year's theme, "Unmasking Mental Health," we invite you to a welcoming and casual drop-in event focused on sharing real stories, emotions, and experiences—without pressure, performance, or pretenses.



When:

May 5, 2025

3:00pm-6:00pm

Where:

*Belleville & Quinte West
Community Health Centre*
161 Bridge St. W. Belleville, ON

***Free & open to everyone in the
community. No registration required.***

Whether you feel like speaking, listening, or just sitting quietly among others who get it—this space is for you.

Drop in to: Share your personal experiences with mental health (if you'd like), connect with others and enjoy light refreshments in a calm, inclusive, safe space.

You don't need to perform, be polished, or pretend everything is okay.

Just come as you are. We'll be here.

**Questions? Contact Mental Health & Wellness Promoter, Alyssa
613-403-5683 or rossa@bqwchc.com**