



# SUPPORT WITH PRIDE: FRIENDS & ALLIES WORKSHOP

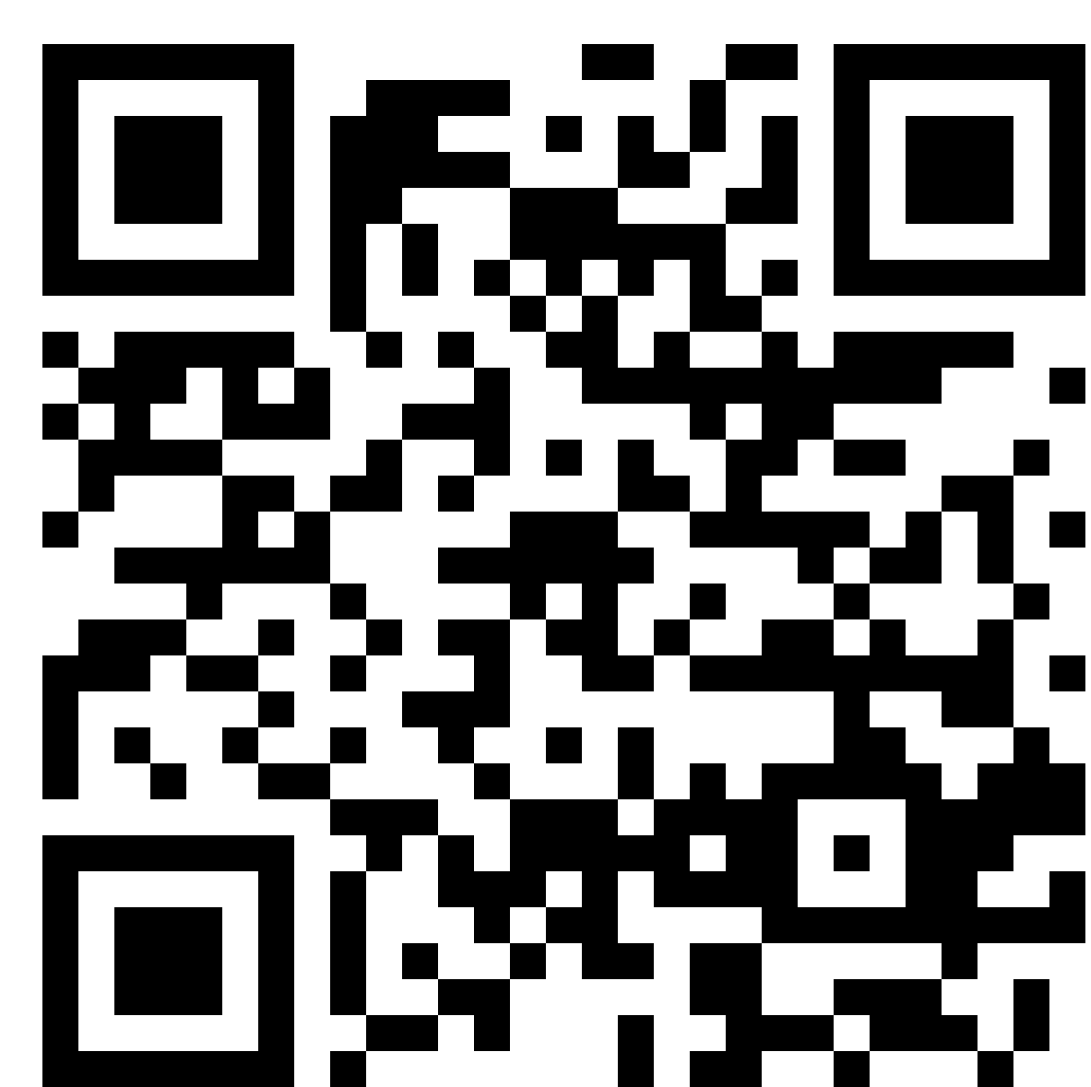
***Want to better support the 2SLGBTQIA+ people in your life?***  
**Join us for this inclusive workshop for friends, family, and allies!**  
**Learn practical ways to show up with compassion, understand common mental health challenges, and access helpful tools and resources.**

**REGISTRATION IS REQUIRED FOR THIS WORKSHOP**

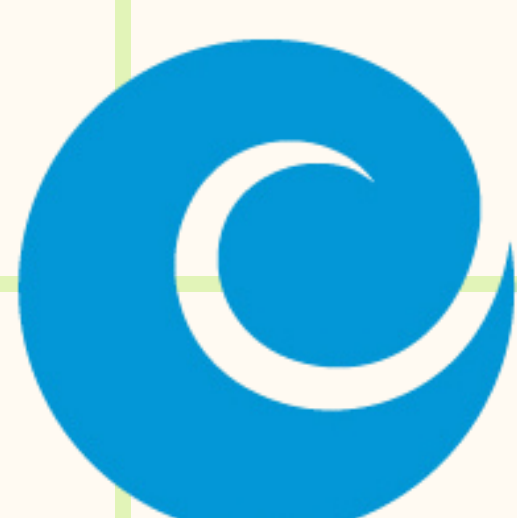
**JUNE 25<sup>TH</sup>, 2025**  
**5:30PM - 7:30PM**

*161 Bridge St. West - Unit 1*  
*Belleville, ON.*

SCAN ME



**WANT MORE INFO? SCAN CODE OR CONTACT:  
MENTAL HEALTH & WELLNESS PROMOTER, ALYSSA  
ROSSA@BQWCHC.COM OR 613-403-5683**



Belleville and Quinte West  
Community  
Health Centre