



RESILIENT *Minds*

MENTAL WELLNESS AFTER 50

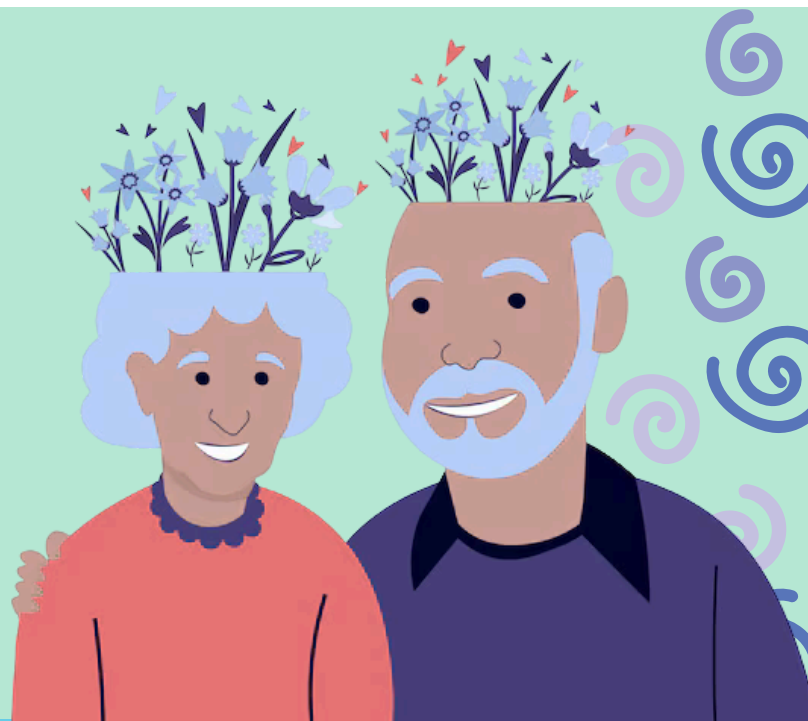
Join us for a 2-part series designed to support cognitive and emotional wellbeing as well as connection in later life. We'll explore practical tools for managing stress, navigating life changes, and staying mentally strong as we age. Come for the conversation, stay for the connection.

Free & open to all community members aged 50+!

Registration required

To register or for more information contact
Mental Health & Wellness Promoter, Alyssa:
rossa@bqwchc.com or 613-403-5683

www.bqwchc.com



TWO SESSIONS

JULY 9th & 16th

10am-11:30am

Unit 1 -161 Bridge St. West
Belleville, ON

What to expect:

Navigate your mental health journey with confidence! We'll explore:

- Understanding changing moods & memory
- Practical coping tools for stress, grief, and everyday worries
- How to find—and ask for—local mental-health supports

You'll also leave with a toolkit to support your journey after group!