



# Peace of Art



**WEDNESDAY AUGUST 13**  
10am-12pm @ West Zwick's Park  
10 Bay Bridge Rd. Belleville

Join us for 'Peace of Art'! An outdoor art experience focused on creativity, calm, and connection. Whether you're a seasoned painter or just love to doodle, this welcoming space invites you to express yourself while exploring simple mindfulness tools that support your mental wellbeing. No experience needed! Just bring yourself and a willingness to try something new!

Art supplies will be provided but, you are welcome to bring your favourite tools and mediums.

Group is *free* and *open to all* members of the community!

We ask that you sign up so we can plan accordingly!

Visit [www.tiny.cc/peaceofart](http://www.tiny.cc/peaceofart) or scan the QR code to sign up.

Questions? Contact Mental Health & Wellness Promoter, Alyssa [rossa@bqwchc.com](mailto:rossa@bqwchc.com) or 613-403-5683



SCAN ME

