



Belleville and Quinte West
Community
Health Centre



ELDERS SUPPORT CIRCLE

As we grow older, we face both challenges and blessings—changes in health, loss, new beginnings, deeper gratitude, and hard-earned wisdom. The Elders Support Circle is a safe, confidential, and non-judgmental space to share our stories and listen to one another with compassion.

Grounded in the principles of Attitudinal Healing, these weekly gatherings are not therapy or workshops, but a chance to connect, reflect, and discover peace within ourselves as we embrace the fullness of being an Elder.

GROUP BEGINS: NOVEMBER 5TH

*This weekly group will run for 7 weeks,
with the possibility of continuing long term.*

*Group is free and open to community members aged 60+.
Registration required.*

*To register scan the QR code with your phone or visit:
www.tiny.cc/elderssupportcircle*

WHERE:
161 BRIDGE ST. W
UNIT 1
BELLEVILLE, ON

*For more information, contact Alyssa:
613-403-5683 or rossa@bqwchc.com*

WEDNESDAYS

**1:30PM -
3:00PM**

