



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 RESTARTS JANUARY 14, 2026**

Group is free and open to community members aged 60+.  
Drop-in and join the conversation!

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

**WEDNESDAYS**

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

For more information,  
contact Alyssa:  
613-403-5683  
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