



BQWCHC invites you to...



# HEART TO HEART: COMMUNITY SOCIAL

Join us for a warm, welcoming community social focused on connection and friendship. This gathering includes 'speed-friending', prize bingo, a simple craft, and shared food. Whether you come with a friend or on your own, this is a relaxed space to meet new people, chat, and enjoy time together.

**FREE & OPEN TO ALL IN THE COMMUNITY!**

<b>TRENTON</b>	<b>BELLEVILLE</b>
<b>FEBRUARY 19</b> 69 Catherine Street	<b>FEBRUARY 20</b> 161 Bridge St. W

**1:30pm - 3:30pm**

Register by scanning the QR code or  
visit [www.tiny.cc/heart2heart](http://www.tiny.cc/heart2heart)



For more information contact Alyssa:  
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Belleville and Quinte West  
Community  
Health Centre