

BUILDING BALANCE

MOVE. MANAGE. GROW.

BUILDING BALANCE IS A FREE, RECREATION-BASED WORKSHOP FOR MALE YOUTH (13-17) THAT CREATES A SAFE SPACE TO MOVE, HAVE FUN, BUILD CONFIDENCE, MANAGE BIG EMOTIONS, AND DEVELOP COPING SKILLS THEY CAN USE BEYOND THE PROGRAM.

THIS WORKSHOP WAS DESIGNED TO SUPPORT YOUTH FACING SOCIAL, EMOTIONAL, OR ECONOMIC BARRIERS, INCLUDING NEURODIVERGENCE, BEHAVIOURAL SUPPORT NEEDS, AND COMPLEX FAMILY DYNAMICS.

REGISTRATION AND A SHORT INTAKE IS REQUIRED

KICKBOXING CLASS

MARCH 11
4:30PM-6PM

200 DUNDAS ST. EAST - UNIT 1
BELLEVILLE, ONTARIO



PATENAUDE
MARTIAL ARTS AND FITNESS



TEAM CRIME SOLVING CHALLENGE

MARCH 18
4:30PM-6PM

161 BRIDGE ST. WEST - UNIT 1
BELLEVILLE, ONTARIO



PIZZA + BUILDING MENTAL STRENGTH

MARCH 25
4:30PM-6PM

161 BRIDGE ST. WEST - UNIT 1
BELLEVILLE, ONTARIO



PARSONS
EST THERAPY 2022



TO REGISTER, SCAN THE QR CODE OR VISIT
www.tiny.cc/buildingbalance

FOR MORE INFO CONTACT ALYSSA:
ROSSA@BQWCHC.COM OR 613-403-5683



Belleville and Quinte West
Community
Health Centre

