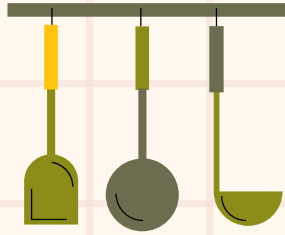


Belleville and Quinte West  
Community  
Health Centre



**FREE &  
OPEN  
TO ALL**

# MENTAL HEALTH MEALS

## MINI SESSION

WHEN MENTAL HEALTH IS LOW, EVEN FEEDING YOURSELF CAN FEEL OVERWHELMING. THIS SESSION OFFERS REALISTIC, JUDGMENT-FREE SUPPORT WITH SIMPLE MEAL IDEAS, LOW-PREP OPTIONS, AND STRATEGIES TO MAKE EATING FEEL MORE MANAGEABLE.

COME AS YOU ARE—LEAVE WITH TOOLS THAT ACTUALLY FEEL DOABLE.

**MAY 6, 2026**

**5:30PM - 7:30PM**

**UNIT 1 - 161 BRIDGE ST. W BELLEVILLE, ON.**

\*REGISTRATION IS REQUIRED - SPACES ARE LIMITED\*

Visit [www.tiny.cc/mhmmmini](http://www.tiny.cc/mhmmmini) OR scan the QR code above

For more information contact Alyssa:  
613-403-5683 or [rossa@bqwchc.com](mailto:rossa@bqwchc.com)