

• • • JOIN US FOR • • •

ROLL FOR WELLNESS: COMMUNITY DUNGEONS & DRAGONS

Because sometimes the best way to boost your mental health...
is to gather your party and roll for initiative.

Calling all adventurers, spellcasters, and chaotic good do-gooders!
Whether you're a seasoned Game Master or a total newbie who's still not
sure what a d20 is, you're welcome at our table.

Join us for a free Dungeons & Dragons session where you'll battle
imaginary monsters, collect epic loot, and build real-life connections
along the way.

WHERE: Belleville & Quinte West Community Health Centre
161 Bridge St. West, Unit One
Belleville, ON

WHEN: June 17th & June 24th
4-8pm

June 17 – “Session 0”

Learn the rules, refresh the basics, and create your
character with guidance from our Game Master.

June 24 – “Session 1”

Your Dungeons & Dragons adventure begins!

SCAN HERE ↙



WHAT YOU NEED TO KNOW

- No experience needed
- Free and open to all 18+
- All supplies provided
- Powered by imagination, snacks, and community vibes

* REGISTRATION REQUIRED *

Scan the QR above OR
visit www.tiny.cc/roll4wellness

Questions? Contact Alyssa
rossa@bqwchc.com OR 613-403-5683



Belleville and Quinte West
Community
Health Centre

