



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 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
or
rossa@bqwchc.com*

