



HOPE GROWS HERE

*An afternoon of connection,
reflection and hope.*

Join us in recognition of World
Suicide Prevention Day for a
gentle community gathering
focused on the things that
help us through difficult days.

What to Expect:

- ✿ Plant a little hope to take home
- ✿ Share messages of encouragement
- ✿ Discuss what helps hope grow in your life
- ✿ Learn ways to support yourself and others
- ✿ Light refreshments offered

THURSDAY, SEPTEMBER 10TH
1:30PM - 3:30PM

Belleville & Quinte West Community Health Centre
Unit 1 - 161 Bridge St. West
Belleville, ON.

FREE & OPEN TO ALL COMMUNITY MEMBERS

REGISTRATION IS REQUIRED

Scan the QR Code or visit:
www.tiny.cc/hopegrowshere

Questions? Contact Alyssa:
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Belleville and Quinte West
Community
Health Centre



SCAN ME!