



Belleville and Quinte West
Community
Health Centre

SETTING HEALTHY BOUNDARIES

Healthy boundaries help protect your time, your energy, and your emotional wellbeing. This **FREE DROP-IN** workshop offers gentle guidance and practical language to help you recognize your limits, communicate them with confidence, and create space for what supports you. Join us at Quinte West Public Library for a calm, supportive session focused on building boundaries that feel clear, kind, and sustainable.

OCTOBER 13, 2026

11:00AM-12:30PM

QUINTE WEST PUBLIC
LIBRARY- 7 CRESWELL
DR, TRENTON, ON K8V
5R6

NEED MORE INFO? CONTACT TIFFANY:
SAGLET@BQWCHC.COM OR 613-965-0698