# THE SOCIAL SPOT

**EVERY TUESDAY**
**1:30PM-3:30PM**

The Social Spot is a welcoming and inclusive drop-in group designed for individuals to gather, socialize, and engage in a variety of recreational activities.
Bring your knitting, crafts, colouring pages or any activities you might enjoy while chatting with the group!
Various activities and light refreshments will be provided by facilitators each week.

## 161 Bridge St. W - Unit One
## Belleville, ON

**Questions? Contact Jena:**
**613-962-0000 ext. 223 or baileyj@bqwchc.com**



FREE & OPEN TO EVERYONE IN THE COMMUNITY!

Belleville and Quinte West Community Health Centre