



Community Wellness

Bouncing Beyond

Belleville Group

Bi-weekly on Mondays



Have you completed a
mental health group program
with a Social Worker?

Would you like ongoing support?

Consider joining this group!

WHAT: An ongoing mental health peer support group where you can practice skills learned in other groups, and learn new skills

WHEN: Alternating Mondays from 1:30—3:30 pm

WHERE: Belleville Community Health Centre
161 Bridge Street West, Unit 1, Belleville

Free and Open to Everyone in the Community!

A SHORT INTAKE IS REQUIRED

For more information, please call [613-962-0000](tel:613-962-0000)

Please Note: Group programs may be cancelled with short notice due to COVID-19



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