



Community Wellness

# Drop in—Belleville Colouring for Adults 16+

**1st and 3rd Tuesday each month at 1:30 pm**

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**WHAT:** JOIN US to get out of the house, talk with others if you wish, be yourself and be creative.  
No experience necessary. Supplies are provided.

**WHEN:** 1st and 3rd Tuesday of each month from 1:30—2:30 pm  
September 6, 20; October 4, 18; November 1, 15, and  
December 6, 20, 2022

**WHERE:** 161 Bridge St. West, Unit One, Belleville  
**FREE & Open to Everyone in the Community!**  
Facilitated by BQWCHC Volunteers

**Drop by the 1st Tuesday of each month or for more information,  
call 613-962-0000 and press 0 for Reception**

*Please Note: This program is being offered with appropriate safety precautions due to COVID-19.  
Group programs may be cancelled with short notice due to COVID-19.*



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Website: [www.bqwchc.com](http://www.bqwchc.com)