





Health care and support services for people in our community

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Community Health Centre

The Belleville and Quinte West Community Health Centre offers a wide range of free services and programs to help people in our community live healthy, happy lives.

Here are some of the ways we can work together.



Primary health care

Individuals can receive support from physicians, nurse practitioners, nurses, pharmacists and other health care professionals who work as a team with clients to improve their health and well-being.



Telemedicine

Through video cameras and monitors, individuals are connected to specialists in other cities who can diagnose and help treat an illness or medical condition. Telemedicine services are available through the Centre's health care professionals or by referral from an Ontario health provider.



Dental services

Dental care is provided to members of the community with low income as well as under the Ontario Works and the Ontario Disability Support Program.



There is no charge for our services and programs.

To find out how we can help you and receive up-to-date information on current activities:

visit our website at www.bqwchc.com



Belleville

161 Bridge Street West
Belleville, Ontario
Phone: 613-962-0000
Fax: 613-962-4149

Quinte West

70 Murphy Street
Trenton, Ontario
Phone: 613-965-0698
Fax: 613-965-0570

Mental and emotional well-being

A variety of workshops and group sessions are held on an ongoing basis for people to deal with:

- Anxiety
- Depression
- Emotions



Our programs provide an opportunity for participants to meet others in a welcoming environment to share, grow and socialize.

Managing chronic conditions

Through counselling and workshops, we offer guidance and education for people who suffer from diabetes, chronic pain and chronic disease.



Being a parent

Soon-to-be mothers, new parents and families with children don't need to face the many aspects of parenting alone. There are many ways we work with moms, dads and caregivers:

- Having a strong, healthy baby
- Caring for infants
- Understanding nutrition and feeding your family
- Dealing with young children and teenagers



Nutrition and lifestyle

People of all stages in life benefit from good nutrition and physical activity. Our programs are both informative and fun. They include:

- Understanding nutrition and grocery shopping
- Weight management
- Indoor and outdoor walking
- Seated exercise

