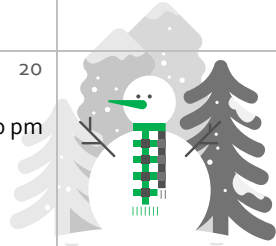
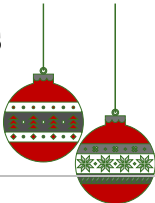




Wellness Centre (Room 1013)

December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm Free Parenting Consultation – Service in English, Cantonese & Mandarin @ 9:00 am – 1:00 pm	2	3	4 Counselling Sessions (FNHA) @ 12:30 – 2:30 pm	5 Nurse Practitioner @ 8:30 am – 4:00 pm Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm Burnaby Family Service @ 12:30 – 3:00 pm	6 Arts with Mason @ 11:30am – 12:30 pm	7
8 Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm Free Parenting Consultation – Service in English, Cantonese & Mandarin @ 9:00 am – 1:00 pm	9	10	11 Counselling Sessions (FNHA) @ 12:30 – 2:30 pm	12 Nurse Practitioner @ 8:30 am – 4:00 pm Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm	13 Arts with Mason @ 11:30am – 12:30 pm	14 Circles of Strength @ 9:00 am – 3:00 pm
15 Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm Free Parenting Consultation – Service in English, Cantonese & Mandarin @ 9:00 am – 1:00 pm	16	17	18 Nurse Practitioner @ 8:30 am – 4:00 pm Counselling Sessions (FNHA) @ 12:30 – 2:30 pm	19	20 Arts with Mason @ 11:30am – 12:30 pm	21 
22	23 Winter Break	24	25 Christmas 	26 	27	28 
29 Winter Break	30	31				

Program Name	Description
Arts with Mason	This program supports students at NWSS. For more information, please contact Mason Meghji, youth worker at mmeghji@sd40.bc.ca or MS Teams.
Circles of Strength	This program provides ongoing opportunities for those who are bereaved to connect, to share their experiences in a supportive environment and to learn strategies that can assist them in coping with their grief. Find more information at https://lumarasociety.org/circles-of-strength/
Drop-in Support with our Health Promotion Worker	Do you have concerns about your mental or sexual health, relationships or substance use? Worried about a friend? Come and chat with Manya. Drop in at the Wellness Centre (back right corner) or make an appointment on Teams. medwardson@sd40.bc.ca or 778-789-0445
Free Parenting Consultation by Parent Educator @ Cameray (languages available: English, Cantonese, Mandarin)	Drop in for a 30-minute free consultation with Cameray's Parent Educator to discuss any topics regarding parenting and child development. This is for families residing in Burnaby and New Westminster with children aged 6 to 18 years old. No registration is needed. For more information, please contact Annie Ngai at annie.ngai@cameray.ca .
Nurse Practitioner	Nurse Practitioners provide care and information on physical, sexual, and mental health. Drop in between 8:30 am – 4:00 pm or make an appointment through Somi @ Welcome Centre or Manya @ Wellness Centre.