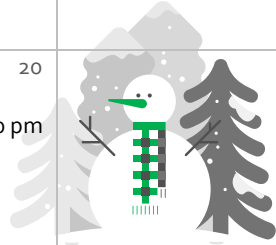
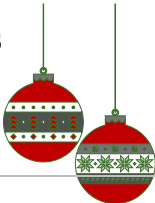




# Wellness Centre (Room 1013)

## 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 <b>Winter Break</b>	24	25 <b>Christmas</b> 	26 	27	28 
29 <b>Winter Break</b>	30	31				