


Wellness Centre (Room 1113)

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Mindful Monday – Drop in @ 8:10 am Art – Drop in @ Lunch with Mason	3	4 Morning Mindfulness – Drop in @ 8:00 am for staff Taming Worry Dragons for Pre-Teens @4:30 pm - 5:45 pm	5 Practicing Mindfulness – Drama Room @ Lunch for Staff https://bit.ly/3t45ddQ With Kat: 3:00 pm – 4:20 pm Parents' Night Out – SOGI	6 Morning Mindfulness – Drop in @ 8:00 am for Staff Kids Have Stress Too 9:45 am – 11:45 am Calming Your Anxiety @ Lunch with Bailey	7 Books & Breakfast @10:00am – Register with Kat
8	9 Mindful Monday – Drop in @ 8:10 am Art – Drop in @ Lunch with Mason	10 Healthy Relationships Unlocked – Drop in @ 3:15 with Kat & Bailey	11 Morning Mindfulness – Drop in @ 8:00 am for staff Taming Worry Dragons for Pre-Teens: 4:30 pm – 5:45 pm Lumara Youth Choir: 6:00 pm – 8:30 pm	12 Practicing Mindfulness – Drama Room @ Lunch for Staff https://bit.ly/3t45ddQ	13 Morning Mindfulness – Drop in @ 8:00 am for Staff Kids Have Stress Too 9:45 am – 11:45 am Calming Your Anxiety @ Lunch with Bailey	14 Wellness Centre Opening Celebration 1:00 pm – 3:00 pm
15	16 Mindful Monday – Drop in @ 8:10 am Art – Drop in @ Lunch with Mason	17 Healthy Relationships Unlocked – Drop in @ 3:15 with Kat & Bailey	18 Morning Mindfulness – Drop in @ 8:00 am for staff Taming Worry Dragons for Pre-Teens @4:30 pm – 5:45 pm Lumara Youth Choir: 6:00 pm – 8:30pm	19 Practicing Mindfulness – Drama Room @ Lunch for Staff https://bit.ly/3t45ddQ	20 Non-Instructional Day	21 Books & Breakfast @10:00am – Register with Kat
22	23 Victoria Day 	24 Healthy Relationships Unlocked – Drop in @ 3:15 with Kat & Bailey	25 Morning Mindfulness – Drop in @ 8:00 am for staff Taming Worry Dragons for Pre-Teens @4:30 pm – 5:45 pm Lumara Youth Choir: 6:00 pm – 8:30pm	26 Practicing Mindfulness – Drama Room @ Lunch for Staff https://bit.ly/3t45ddQ	27 Morning Mindfulness – Drop in @ 8:00 am for Staff Kids Have Stress Too 9:45 am – 11:45 am Calming Your Anxiety @ Lunch with Bailey	28 Lumara Counselling 10:00 am – 12:00 pm
29	30 Mindful Monday – Drop in @ 8:10 am Art – Drop in @ Lunch with Mason	31 Healthy Relationships Unlocked – Drop in @ 3:15 with Kat & Bailey				

Program Name	Description
Understanding Mental Health Through Art	Join us for art and conversation, as we navigate our mental health journeys.
Mindful Monday	
Healthy Relationships Unlocked	6-week program where students engage in the complexities of relationships. We dive into social messaging/expectations, understanding ourselves deeper, exploring relationship stressors, managing conflict, healthy dynamics, and so much more!
Morning Mindfulness	Get your day started with a soothing meditation session. Drop-in at 8:00am for staff and 8:15 am for students.
Zine Making	
Calming Your Anxious Thoughts	Spend Friday lunch time reflecting on the week, naming + taming the anxious thoughts, practicing mindfulness, and connecting with peers with similar experiences. This 8-week program is a blend of games, activities, discussions, and social support to allow students a chance to engage their anxious thoughts differently
Kids Have Stress Too	Join us to learn about stress management strategies for both parents and children. Childminding for children (18 m – 5 yrs) is available during parent only sessions. To register, please call 604-298-5888 ext 809.
Practicing Mindfulness (STAFF ONLY)	For more information and to register visit https://bit.ly/3t45ddQ
Books and Breakfast	