


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				