

Wellness Centre (Room 1113)

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day 	2 Closed	3 Daily Drop-in Support @8:30 am – 3:30pm Nurse Practitioner @ 10:30 am – 2:00 pm	4 Daily Drop-in Support @8:30 am – 3:30pm Taming Worries Group @ 11:30 am – 12:30 pm	5 Daily Drop-in Support @8:30 am – 3:30pm	6 Daily Drop-in Support @8:30 am – 3:30pm	7
8	9 Daily Drop-in Support @8:30 am – 3:30pm Yoga Group @11:25 am – 12:25 pm with Kat	10 Daily Drop-in Support @8:30 am – 3:30pm Nurse Practitioner @ 10:30 am – 2:00 pm	11 Daily Drop-in Support @8:30 am – 3:30pm Taming Worries Group @ 11:30 am – 12:30 pm	12 Daily Drop-in Support @8:30 am – 3:30pm	13 Daily Drop-in Support @8:30 am – 3:30pm	14
15	16 Daily Drop-in Support @8:30 am – 3:30pm Yoga Group @11:25 am – 12:25 pm with Kat	17 Daily Drop-in Support @8:30 am – 3:30pm Nurse Practitioner @ 10:30 am – 2:00 pm	18 Daily Drop-in Support @8:30 am – 3:30pm Taming Worries Group @ 11:30 am – 12:30 pm	19 Daily Drop-in Support @8:30 am – 3:30pm	20 Daily Drop-in Support @8:30 am – 3:30pm	21
22	23 Daily Drop-in Support @8:30 am – 3:30pm Yoga Group @11:25 am – 12:25 pm with Kat	24 Daily Drop-in Support @8:30 am – 3:30pm Nurse Practitioner @ 10:30 am – 2:00 pm	25 Daily Drop-in Support @8:30 am – 3:30pm Taming Worry Dragons for Pre-Teens @ 4:00 – 6:00 pm	26 Daily Drop-in Support @8:30 am – 3:30pm	27 Daily Drop-in Support @8:30 am – 3:30pm	28
29	30 Daily Drop-in Support @8:30 am – 3:30pm Yoga Group @11:25 am – 12:25 pm with Kat	31 Daily Drop-in Support @8:30 am – 3:30pm Nurse Practitioner @ 10:30 am – 2:00 pm				

Program Name	Description
Taming Worries Group	For more information, please contact your school counsellor
Daily Drop-in Support	If you need to speak to someone regarding your health and wellbeing, please visit our Youth Care Worker, Kat. Her desk is in the back right corner of the Wellness Centre.
Nurse Practitioner	Nurse Practitioners provide care and information on physical, sexual, and mental health. Drop in between 10:30 am – 2:00 pm or make an appointment through Kat @ Wellness Centre or Somi @ Welcome Centre
Taming Worry Dragon for Pre-Teens	For more information on how to register, please contact Cameray Child and Family Services at info@cameray.ca
Yoga group	For more information, contact Kat in the Wellness Centre.