

# Wellness Centre (Room 1013)

## January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>New Year's Day</b> 	2	3	4	5 	6
7	8 Free Parenting Consultation by Parent Educator @ Cameray – Drop-In Service in English, Cantonese, and Mandarin @ 9:00 am – 1:00 pm 	9	10 Nurse Practitioner @10:30 am – 2:30 pm	11	12	13
14	15 Counselling Appointments with District Clinical Counsellor @12:30 – 3:00pm	16	17 Nurse Practitioner @10:30 am – 2:30 pm	18	19 	20
21	22 Counselling Appointments with District Clinical Counsellor @12:30 – 3:00pm	23	24 Nurse Practitioner @10:30 am – 2:30 pm  Understanding and Managing Anxiety in Children and Youth @6:30 – 8:30pm NWSS Theatre	25	26	27
28	29 Free Parenting Consultation by Parent Educator @ Cameray – Drop-In Service in English, Cantonese, and Mandarin @ 9:00 am – 1:00 pm 	30	31 Nurse Practitioner @10:30 am – 2:30 pm	32 		

Program Name	Description
<b>Nurse Practitioner</b>	Nurse Practitioners provide care and information on physical, sexual, and mental health. Drop in between 10:00 am – 2:00 pm or make an appointment through Somi @ Welcome Centre.
<b>Parenting Consultation by Parent Educator @ Cameray (languages available: English, Cantonese, Mandarin)</b>	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.
<b>Counselling Appointments with District Clinical Counsellor</b>	The District Clinical Counsellor will be available for appointments on Monday afternoons. Appointments are based on referrals through your school counsellor or the Nurse Practitioner.
<b>Understanding and Managing Anxiety in Children and Youth</b>	Visit <a href="https://forms.office.com/r/njPREw31vo">https://forms.office.com/r/njPREw31vo</a> for more information and to register.