


# Wellness Centre (Room 1013)

## January 2024

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