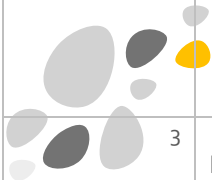



# Wellness Centre (Room 1013)

## March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Youth Group with Kira @11:20 am– 12:30 pm	2
3	4 Free Parenting Consultation – Drop-In Service in English, Cantonese, and Mandrin @ 9:00 am – 1:00 pm  Counselling Appointments with District Clinical Counsellor @12:30 – 3:00pm	5	6 Nurse Practitioner @10:30 am – 2:30 pm	7	8 Youth Group with Kira @11:20 am– 12:30 pm	9 Circles of Strength @ 9:00 am – 1:00 pm
10	11 Free Parenting Consultation – Drop-In Service in English, Cantonese, and Mandrin @ 9:00 am – 1:00 pm  Counselling Appointments with District Clinical Counsellor @12:30 – 3:00pm	12	13 Nurse Practitioner @10:30 am – 2:30 pm	14	15 <b>Spring Break</b>	16
17	18	19	20	21	22	23
<b>Spring Break</b>						
24	25	26	27	28	29	30
<b>Spring Break</b>					<b>Good Friday Closed</b>	
31 <b>Easter Sunday</b> 						

Program Name	Description
<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>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 ( Email: <a href="mailto:spark@sd40.bc.ca">spark@sd40.bc.ca</a> ).
<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>Youth Group with Kira</b>	Open to any NWSS student every Friday with Kira (Youth Worker). For more information, please contact Kira Salim at <a href="mailto:ksalim@sd40.bc.ca">ksalim@sd40.bc.ca</a> .