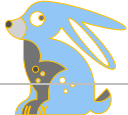
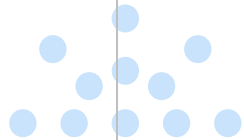
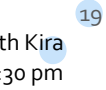
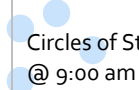
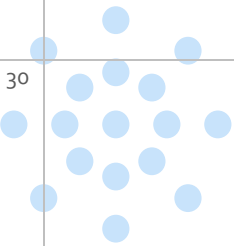
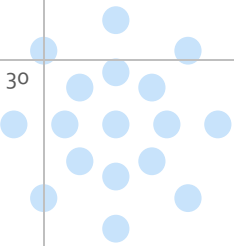


Wellness Centre (Room 1013)

April 2024

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

| Program Name | Description |
|--|---|
| Circles of Strength | This program provides ongoing opportunities for those who are bereaved to connect, to share their experiences in a supportive environment and to learn strategies that can assist them in coping with their grief. Find more information at https://lumarasociety.org/circles-of-strength/ |
| Counselling Appointments with District Clinical Counsellor | 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. |
| Nurse Practitioner | 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: spark@sd40.bc.ca). |
| Parenting Consultation by Parent Educator @ Cameray (languages available: English, Cantonese, Mandarin) | 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. |
| Youth Group with Kira | Open to any NWSS student every Friday with Kira (Youth Worker). For more information, please contact Kira Salim at ksalim@sd40.bc.ca . |