





Wellness Centre (Room 1013)

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Women's Support Group @ 10:00 am – 12:00 pm Nurse Practitioner @10:30 am – 2:30 pm	2 Health Promotion Worker Drop-In @ 11:30 – 3:30	3 Youth Group with Kira @11:20 am– 12:30 pm	4
5	6 Health Promotion Worker Drop-In @ 8:30 – 12:30 Free Parenting Consultation – Service in English, Cantonese, and Mandarin @ 9:00 am – 1:00 pm Counselling Appointments with District Clinical Counsellor @12:30 – 3:00pm	7 	8 Women's Support Group @ 10:00 am – 12:00 pm Nurse Practitioner @10:30 am – 2:30 pm	9 Health Promotion Worker Drop-In @ 11:30 – 3:30	10 Youth Group with Kira @11:20 am– 12:30 pm	11 Circles of Strength @ 9:00 am – 1:00 pm
12	13 Health Promotion Worker Drop-In @ 8:30 – 12:30 Free Parenting Consultation – Service in English, Cantonese, and Mandarin @ 9:00 am – 1:00 pm Counselling Appointments with District Clinical Counsellor @12:30 – 3:00pm	14	15 Women's Support Group @ 10:00 am – 12:00 pm Nurse Practitioner @10:30 am – 2:30 pm	16 Health Promotion Worker Drop-In @ 11:30 – 3:30	17 Youth Group with Kira @11:20 am– 12:30 pm	18 
19 Victoria Day Closed	20 	21 Immunization Clinic @ 9:30 – 11:30 am	22 Women's Support Group @ 10:00 am – 12:00 pm Nurse Practitioner @10:30 am – 2:30 pm	23 Health Promotion Worker Drop-In @ 11:30 – 3:30	24 Youth Group with Kira @11:20 am– 12:30 pm	25
26	27 Health Promotion Worker Drop-In @ 8:30 – 12:30 Free Parenting Consultation – Service in English, Cantonese, and Mandarin @ 9:00 am – 1:00 pm Counselling Appointments with District Clinical Counsellor @12:30 – 3:00pm	28	29 Womens' Support Group @ 10:00 am – 12:00 pm Nurse Practitioner @10:30 am – 2:30 pm	30	31 Youth Group with Kira @11:20 am– 12:30 pm	

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.
Drop-in Support with our Health Promotion Worker	Do you have concerns about your mental or sexual health, relationships or substance use? Worried about a friend? Come and chat with Maniya. Just drop in at the Wellness Centre (back right corner) or make an appointment on Teams. medwardson@sd40.bc.ca .
Immunization Clinic	Are you and your children up to date with Immunization? The Fraser Health Regional Immunization Outreach Team is available to administer immunizations. No registration is required. If you have any questions or need more information about immunization, there are 2 Information sessions at the Welcome Centre on May 13 & 14 (9:30 am – 11:30 am). For more information, please email swis@mosaicbc.org .
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.
Women's Support Group (Mandarin)	Join this free 10-week support group and connect with other Mandarin-speaking women in your community. Learn about settlement and community resources, share your experiences, and receive support in a safe and confidential space. For more information or to register, please email Kimberly.lopez@issbc.org .
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 .