

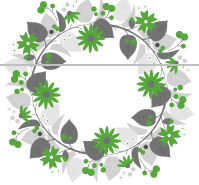



Wellness Centre (Room 1013)

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 | |