



# Wellness Centre (Room 1013)

## February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm Free Parenting Consultation – Service in English, Cantonese & Mandarin @ 9:00 am – 1:00 pm Counselling Appointments with District Clinical Counsellor @ 12:30 – 3:00pm	4	5 Nurse Practitioner @ 9:00 am – 1:00 pm Counselling Sessions (FNHA) @ 12:30 – 2:30 pm	6 Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm	7 Arts with Mason @ 11:30am – 12:30 pm	8 Circles of Strength @ 9:00am – 1:00pm
9	10 Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm Free Parenting Consultation – Service in English, Cantonese & Mandarin @ 9:00 am – 1:00 pm Counselling Appointments with District Clinical Counsellor @ 12:30 – 3:00pm	11	12 Nurse Practitioner @ 9:00 am – 1:00 pm Counselling Sessions (FNHA) @ 12:30 – 2:30 pm	13 Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm	14 Non-Instructional Day	15
16	17 <b>Family Day (Closed)</b> 	18	19 Nurse Practitioner @ 9:00 am – 1:00 pm Counselling Sessions (FNHA) @ 12:30 – 2:30 pm	20 Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm	21 Arts with Mason @ 11:30am – 12:30 pm	22 
23	24 Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm Free Parenting Consultation – Service in English, Cantonese & Mandarin @ 9:00 am – 1:00 pm Counselling Appointments with District Clinical Counsellor @ 12:30 – 3:00pm	25	26 Nurse Practitioner @ 9:00 am – 1:00 pm Counselling Sessions (FNHA) @ 12:30 – 2:30 pm	27 Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm	28 Arts with Mason @ 11:30am – 12:30 pm	

Program Name	Description
<b>Arts with Mason</b>	This program supports students at NWSS. For more information, please contact Mason Meghji, youth worker at <a href="mailto:mmeghji@sd40.bc.ca">mmeghji@sd40.bc.ca</a> or MS Teams.
<b>Circles of Strength</b>	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 <a href="https://lumarasociety.org/circles-of-strength/">https://lumarasociety.org/circles-of-strength/</a>
<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>Drop-in Support with our Health Promotion Worker</b>	Do you have concerns about your mental or sexual health, relationships or substance use? Worried about a friend? Come and chat with Manya. Drop in at the Wellness Centre (back right corner) or make an appointment on Teams. <a href="mailto:medwardson@sd40.bc.ca">medwardson@sd40.bc.ca</a> or 778-789-0445
<b>Free 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. For more information, please contact Annie Ngai at <a href="mailto:annie.ngai@cameray.ca">annie.ngai@cameray.ca</a> .
<b>Nurse Practitioner</b>	Nurse Practitioners provide care and information on physical, sexual, and mental health. Drop in between 9:00 am – 1:00 pm or make an appointment through Somi @ Welcome Centre or Manya @ wellness Centre.