

# Wellenss Centre (Room 1013)

## March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	<p>Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm</p> <p>Free Parenting Consultation – Service in English, Cantonese &amp; Mandarin @ 9:00 am – 1:00 pm</p> <p>Counselling Appointments with District Clinical Counsellor @ 12:30 – 3:00pm</p> <p>MOSAIC/SFU Woven Futures Program @ 3:00 – 4:30 pm</p>		<p>Nurse Practitioner @ 9:00 am – 1:00 pm</p> <p>Counselling Sessions (FNHA) @ 12:30 – 2:30 pm</p> <p>MOSAIC/SFU Woven Futures Program @ 3:00 – 4:30 pm</p>	<p>Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm</p> <p>MOSAIC/SFU Woven Futures Program @ 3:00 – 4:30 pm</p>	<p>MOSAIC/SFU Woven Futures Program @ 3:00 – 4:30 pm</p>	<p>Circles of Strength @ 9:00 am – 1:00 pm</p>
9	10	11	12	13	14	15
	<p>Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm</p> <p>Free Parenting Consultation – Service in English, Cantonese &amp; Mandarin @ 9:00 am – 1:00 pm</p> <p>Counselling Appointments with District Clinical Counsellor @ 12:30 – 3:00pm</p> <p>MOSAIC/SFU Woven Futures Program @ 3:00 – 4:30 pm</p>	<p>MOSAIC/SFU Woven Futures Program @ 3:00 – 4:30 pm</p>	<p>Nurse Practitioner @ 9:00 am – 1:00 pm</p> <p>Counselling Sessions (FNHA) @ 12:30 – 2:30 pm</p> <p>MOSAIC/SFU Woven Futures Program @ 3:00 – 4:30 pm</p>	<p>Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm</p> <p>MOSAIC/SFU Woven Futures Program @ 3:00 – 4:30 pm</p>	<p>MOSAIC/SFU Woven Futures Program @ 3:00 – 4:30 pm</p>	
16	17	18	19	20	21	22
<b>Spring Break</b>						
23	24	25	26	27	28	29
<b>Spring Break</b>						
30						31
	<p>Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm</p> <p>Free Parenting Consultation – Service in English, Cantonese &amp; Mandarin @ 9:00 am – 1:00 pm</p> <p>Counselling Appointments with District Clinical Counsellor @ 12:30 – 3:00pm</p>					

Program Name	Description
<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 Westminister 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>MOSAIC/SFU Woven Futures Program</b>	The purpose of the Woven Futures program is to assist newcomers, immigrants and students with disabilities at New Westminister Secondary School to formulate their individual futures and create a collective vision of the youth's future via an art piece to be shared and celebrated by the larger community.
<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.