
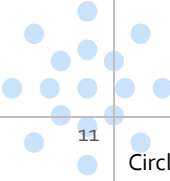

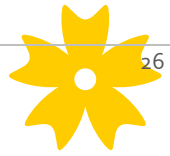



Wellness Centre (Room 1013)

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Nurse Practitioner @ 9:00 am – 1:00 pm Counselling Sessions (FNHA) @ 12:30 – 2:30 pm	3 Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm Dan's Legacy @ 9:00 am – 5:00 pm	4 	5
6 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 – 3:00 pm	7	8	9 Counselling Sessions (FNHA) @ 12:30 – 2:30 pm	10 Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm	11	12 Circles of Strength @ 9:00 am – 1:00 pm
13 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 – 3:00 pm	14	15	16 Nurse Practitioner @ 9:00 am – 1:00 pm Counselling Sessions (FNHA) @ 12:30 – 2:30 pm	17 Drop-in Support with Health Promotion Worker @ 8:30 am – 12:30 pm	18 Good Friday Closed	19
20 Easter Monday Closed 	21	22	23 Counselling Sessions (FNHA) @ 12:30 – 2:30 pm Synergy Choir (Welcome Centre MP Room) @ 5:30 – 8:00 pm	24 No School Adult Grief Support Group (Lumara) @ 12:30 – 3:00 pm	25	26 
27 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 – 3:00 pm	28	29	30 Nurse Practitioner @ 9:00 am – 1:00 pm Counselling Sessions (FNHA) @ 12:30 – 2:30 pm Synergy Choir (Welcome Centre MP Room) @ 5:30 – 8:00 pm			

Program Name	Description
Adult Grief Support Group (Lumara)	More information to come.
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 Manya. Drop in at the Wellness Centre (back right corner) or make an appointment on Teams. medwardson@sd40.bc.ca or 778-789-0445
Free 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. For more information, please contact Annie Ngai at annie.ngai@cameray.ca .
Nurse Practitioner	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.
Synergy Choir (@ Welcome Centre Multi-purpose Room)	This is a compassionate community choir where you are invited to sing in person. No singing experience is required to join. For more information, contact choir@lumarasociety.org