




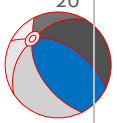




# Wellness Centre (Room 1013)

## July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Canada Day</b> Closed 	2	3	4	5 
6	7	8 Women's Support Group (Spanish) @ 10:00 am – 12:00 pm	9	10 	11	12
13	14	15 Women's Support Group (Spanish) @ 10:00 am – 12:00 pm 	16	17 	18	19
20 	21	22 Women's Support Group (Spanish) @ 10:00 am – 12:00 pm	23	24	25 Community Integration Service @12:30 – 2:30 pm	26
27	28	29 Women's Support Group (Spanish) @ 10:00 am – 12:00 pm	30	31 		

Program Name	Description
Community Integration Service	A Community Integration Specialist will provide information on income assistance, benefits, and disability benefits. Drop-ins. No registration is required.
<b>Multicultural Women's Support Group</b> – ISS of BC (Spanish) <div data-bbox="632 253 779 391" data-label="Image"> </div>	Join us for connection, support and shared experiences in your own language, in your own words. This is a space for women to feel safe, seen, and included. To join this 10 session (in-person) support group, please contact Kimberly Lopez at <a href="mailto:kimberly.lopez@issbc.org">kimberly.lopez@issbc.org</a> .