
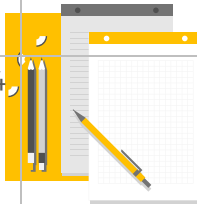
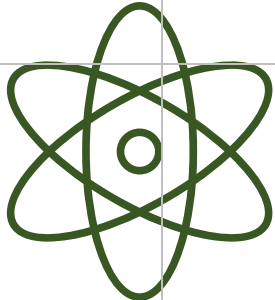


# Wellness Centre (Room 1013)

## September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Labour Day</b> <b>Closed</b>	2 <b>First day of School</b> 	3	4	5 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	6
7	8 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 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	9	10	11	12 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	13
14	15 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm Counselling Appointments with District Clinical Counsellor @ 12:30 – 3:00 pm	16	17	18	19 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	20
21	22 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 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	23	24 	25	26 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	27
28	29 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm Counselling Appointments with District Clinical Counsellor @ 12:30 – 3:00 pm	30 <b>Truth &amp; Reconciliation Day</b> <b>Closed</b>				30

Program Name	Description
<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 Many. 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>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> .