


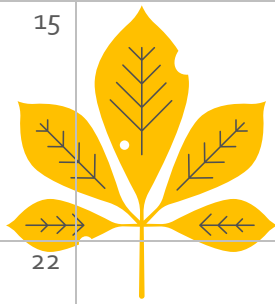

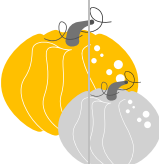


Wellness Centre (Room 1013)

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	
5	6 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 – 3:00pm	7	8	9	10 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	11 
12	13 Thanksgiving Day Closed 	14 Women's Peer Support Group (Korean) @ 10:00a am – 12:00 pm	15	16 	17 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	18 Circles of Strength @ 9:00 – 1:00 pm
19 	20 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 – 3:00pm	21 Women's Peer Support Group (Korean) @ 10:00a am – 12:00 pm	22	23	24 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	25
26	27 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm Counselling Appointments with District Clinical Counsellor @12:30 – 3:00pm	28 Women's Peer Support Group (Korean) @ 10:00a am – 12:00 pm	29	30	31 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm Halloween 	

Program Name	Description
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/
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 Many. Drop in at the Wellness Centre (back right corner) or make an appointment on Teams. medwardson@sd40.bc.ca or 778-789-0445.
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 .
Women's Peer Support Group (Korean) - ISS of BC	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 Fiorella Di Liberto at Fiorella.diliberto@issbc.org .