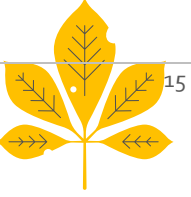
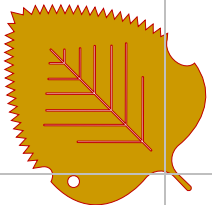
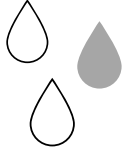


Wellness Centre (Room 1013)

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 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	4	5	6 Manifest @1:30 – 3:30 pm	7 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm Art Group with Mason @ 12:00 – 1:00 pm	8 Circles of Strength @ 9:00 – 1:00 pm
9	10 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	11 Remembrance Day Closed 	12	13 Manifest @1:30 – 3:30 pm	14 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	15 
16	17 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	18	19	20 Manifest @1:30 – 3:30 pm	21 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm Art Group with Mason @ 12:00 – 1:00 pm	22
23	24 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	25	26 	27 Manifest @1:30 – 3:30 pm	28 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	29 
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Program Name	Description
Art Group with Mason	Come to the Wellness Centre and do art activities with Mason, one of the Youth Workers at NWSS. Have fun, get crafty & learn to do new art activities or even bring your own art project that you are working on. Relax with some music and take a break. To join, come to the Wellness Centre between 12:15 pm – 12:50 pm and look for Mason. For more information, contact Mason at mmeghji@sd40.bc.ca .
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 Manya. Drop in at the Wellness Centre (back right corner) or make an appointment on Teams. medwardson@sd40.bc.ca or 778-789-0445.
Manifest	Student support program. Registration is currently closed.
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 .