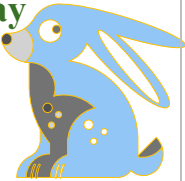









# Wellness Centre (Room 1013)

## April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm		1	2	3 <b>Good Friday</b> Closed	4
5	6 <b>Easter Monday</b> Closed 	7	8	9	10 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	11
12 	13 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	14 	15	16 	17 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	18 
19	20 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	21	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	28	29 	30	Passover (Jewish; Apr. 2-9) Aluth Avurudda (Sinhalese/Tamil New Year; Apr. 13-14) Songkran (Thai New Year; Apr. 13-15) Vaisakhi (Punjabi/Sikh New Year, Solar New Year; Apr. 14)	

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 Manya. 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.