
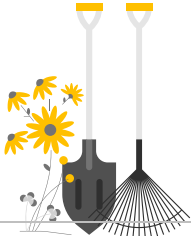


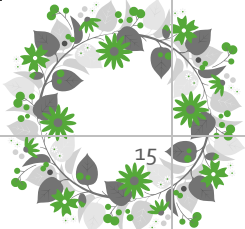





Wellness Centre (Room 1013)

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Asian Heritage Month</p> 					<p>Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm</p> <p>Girls Youth Group with Manya @ 1:00 – 2:00 pm</p>	
3	<p>Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm</p>	5	<p>Choir Group @ 6:00 – 8:00 pm</p>	7	<p>Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm</p> <p>Girls Youth Group with Manya @ 9:30 – 10:30 am</p> <p>Arts with Mason @ 12:00 – 1:00 pm</p>	9
<p>Mother's Day</p> 	<p>Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm</p>	12	<p>Choir Group @ 6:00 – 8:00 pm</p>		<p>Pro-D Day (NWSS)</p>	
17	<p>Victoria Day Closed</p> 	19	<p>Choir Group @ 6:00 – 8:00 pm</p>	21	<p>Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm</p> <p>Girls Youth Group with Manya @ 11:00 am – 12:00 pm</p> <p>Arts with Mason @ 12:00 – 1:00 pm</p>	23
24/31	<p>Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm</p>	26	<p>Choir Group @ 6:00 – 8:00 pm</p> 	28	<p>Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm</p> <p>Girls Youth Group with Manya @ 1:00 – 2:00 pm</p>	

Program Name	Description
Arts with Mason	This program supports students at NWSS. For more information, please contact Mason Meghji, youth worker at mmeghji@sd40.bc.ca or MS Teams.
Choir Group (Singerly Song Circle)	Lumara's Synergy Song Circle is a welcoming group of people who understand the ups and downs of a grief journey, and who believe that music can make a difference along the way. For more information, you are welcome to reach out to info@lumarasociety.org
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.
Girls Youth Group with Manya	This program supports students at NWSS. For more information, please contact Manya Edwardson at medwardson@sd40.bc.ca or MS Teams.