








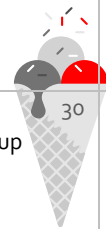






Wellness Centre (Room 1013)

June 2026

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
<p>National Indigenous History Month</p> 	<p>1 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm</p>	<p>2 DBT & Medicine Wheel Wellness Group @ 12 – 10:00 pm</p> 	<p>3 Choir Group @ 6:00 – 8:00 pm</p>	<p>4</p>	<p>5 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm Girls Youth Group with Manya @ 9:30 – 10:30 am</p>	<p>6 </p>
<p>7</p>	<p>8 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm</p>	<p>9 DBT & Medicine Wheel Wellness Group @ 12 – 10:00 pm</p>	<p>10 Choir Group @ 6:00 – 8:00 pm</p> 	<p>11</p>	<p>12 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm Arts with Mason @ 12:00 – 1:00 pm</p>	<p>13 </p>
<p>14</p>	<p>15 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm</p>	<p>16 Women's Support Group @ 9:30 – 11:30 am DBT & Medicine Wheel Wellness Group @ 12 – 10:00 pm</p>	<p>17 Choir Group @ 6:00 – 8:00 pm</p> 	<p>18 Women's Support Group @ 9:30 – 11:30 am</p> 	<p>19 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm</p>	<p>20 New to New West @ 11 am – 2:00 pm </p>
<p>21</p>	<p>22 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm</p> 	<p>23 Women's Support Group @ 9:30 – 11:30 am DBT & Medicine Wheel Wellness Group @ 12 – 10:00 pm</p> 	<p>24</p>	<p>25 Women's Support Group @ 9:30 – 11:30 am</p>	<p>26 </p>	<p>27 </p>
	<p>29 Women's Support Group @ 9:30 – 11:30 am</p>	<p>30 Women's Support Group @ 9:30 – 11:30 am</p>	<p>June 21: National Indigenous Peoples Day June 27: Canadian Multiculturalism Day</p> 			<p></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 (Synergy 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
DBT & Medicine Wheel Wellness Group	Registration is currently closed.
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.
New to New West, Including a Resume Clinic	Join us for the New to New West Intercultural Festival & Information Fair. At this event, you will meet local groups, learn about community services, and discover resources. There will be food, different cultural performances, and activities for children. You can also ask experts to look at your resume. Please bring your resume and job postings you are applying for. It's at New Westminster Secondary School in the Grand Commons, from 11:00 am to 2:00 pm.
Women's Support Group (by ISS of BC)	This in-person program offers a space for women to feel safe, seen, and included. Join us for connection, support, and shared experiences in your own language, in your own words. For more information or to register, please contact Kimberly.lopez@issbc.org .