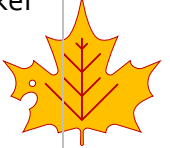
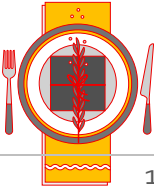


Wellness Centre (Room 1013)

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	3 Circles of Strength @ 9:00 am – 1:00 pm
4 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	5	6	7 Choir Group @ 6:00 – 8:00 pm	8	9 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	10 
11 Thanksgiving Day Closed 	12	13	14 Choir Group @ 6:00 – 8:00 pm	15 	16 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	17
18 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	19	20	21 Choir Group @ 6:00 – 8:00 pm	22	23 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	24
25 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	26	27	28 Choir Group @ 6:00 – 8:00 pm	29 	30 Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	31 Halloween 

Program Name	Description
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. It is hosted at the Welcome Centre right next door to Wellness Centre. For more information or to register, please visit https://lumarasociety.org/programs/ .
Circles of Strength	Lumara's Circlers of Strength is for families with children ages 6 – 12 years. This in-person group creates ongoing opportunities for bereaved parents, guardians, and their children to connect with others who understand the unique challenges of grieving as a family. Together, families can share their experiences in a supportive setting and learn strategies that may help them cope with their grief. For more information or to register, please visit https://lumarasociety.org/programs/ .
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.