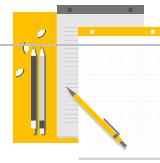
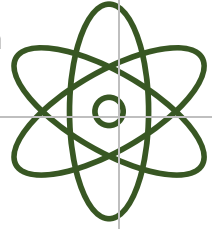


Wellness Centre (Room 1013)

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	1	2	3	4	5
					Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	
6	7	8	9	10	11	12
Labour Day Closed		First day of School 		Women's Peer Support Group: Tigrinya @ 9:00 am – 12:00 pm	Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	
13	14		16	17	18	19
Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm				Women's Peer Support Group: Tigrinya @ 9:00 am – 12:00 pm	Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	
20	21	22	23	24	25	26
Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm					Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm	
27	28	29	30			
Drop-in Support with Health Promotion Worker @ 8:30 am – 3:00 pm			Truth & Reconciliation Day			

Program Name	Description
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.
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.