Wellness Centre (Room 1013)

November 2026

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

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 the 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.
One-to-One Parenting Consultation	Feel free to drop by for a free 30-minute consultation with Cameray's Parent Educator to discuss your concerns regarding parenting and children's development issues. This is for families living in Burnaby and New Westminster and have a child aged between 6 – 18 years old. No appointment is needed. Language available: English, Mandarin, Cantonese For more information, please contact Cheryl.song@cameray.ca