

The Youth Wellness Centre is a program of Maple Ridge/Pitt Meadows Community Services

The Youth Wellness Centre is located in the Greg Moore Youth Office – 11925 Haney Place, Maple Ridge, BC V2X 6G2

# May 2018

## YOUTH WELLNESS CENTRE COMMUNITY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Drop-in 4-6pm</b> Social: <i>Paint Time</i> 4:30-5:30pm	2 <b>Drop-in 4-6pm</b> WorkBC Café 4:30-5:30pm	3 <b>Drop-in 4-6pm</b> GP: Dr. Prem-Smith	4	5
6	7 Parent Social 630-8pm MR Library: Alouette Room	8 <b>Drop-in 1-6pm</b> Social: <i>Gratitude</i> 4:30-5:30pm	9 <b>Drop-in 1-6pm</b>	10 <b>Drop-in 1-6pm</b> GP 4-6pm GP: Dr. Luitingh	11	12
13	14 Parent Social 630-8pm MR Library: Alouette Room	15 <b>Drop-in: 1-6pm</b> Social: <i>Stress Management</i> 4:30-5:30pm	16 <b>Drop-in 1-6pm</b> WorkBC Café 4:30-5:30pm	17 <b>Drop-in 1-6pm</b> GP 4-6pm GP: Dr. Neufeld	18	19
20	21 <b>VICTORIA DAY</b> No Parent Social tonight	22 <b>Drop-in 1-6pm</b> Social: <i>Creative Expression</i> 4:30-5:30pm	23 <b>Drop-in 1-6pm</b>	24 <b>Drop-in 1-6pm</b> GP 4-6pm GP: Dr. Hatlelid	25	26
27	28 Parent Social 630-8pm MR Library: Alouette Room	29 <b>Drop-in 1-6pm</b> Social: <i>Time Management</i> 4:30-5:30pm	30 <b>Drop-in 1-6pm</b> WorkBC Café 4:30-5:30pm	31 <b>Drop-in 1-6pm</b> GP 4-6pm GP: TBA		

### DROP-IN INFORMATION:

#### Services Provided on Tuesday:

- Alouette Addictions
- Counselling
- Youth Navigator
- Options for Sexual Health

#### Services Provided on Wednesday:

- Counselling
- Youth Navigator
- WorkBC (Bi-weekly)

#### Services Provided on Thursday:

- Counselling
- Youth Navigator
- General Practitioner
- Options for Sexual Health
- Public Health Nurse