


# 2020 January



Drop-in when open or text/call 250-833-6100 for appt

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	<b>Winter Break</b> 					3	4
5	6	7	8	9	10	11	
CLOSED							
12	13	14	15	16	17	18	
	CLOSED	CLOSED	Doctor & Mental Health Support	Closed for private counselling			
19	20	21	22				
	CLOSED	CLOSED					
26	27	28	29	30	31	1	
	CLOSED	CLOSED	Doctor & Mental Health Support				

### Public Health Nurse

#### Coming in February Tuesdays at noon!

Students can get information on immunizations, healthy ways to deal with stress, smoking cessation, health eating and more.

### Options for Sexual Health

#### Starting in February 2<sup>nd</sup> & 4<sup>th</sup> Wednesday 12 – 1pm

Confidential, non-judgmental sexual health education and care. Including birth control counselling, low cost contraceptives, STI testing and eating and more.

### Doctor\* and Mental Health & Substance Use Support

#### Wednesday Jan 15 & 29– noon – 3:30pm

\*Dr. Debbie Phillips as well as a mental health support worker – Colleen of the SAFE Society's PEACE Program

Drop in or text/call 250-833-6100 for an appointment – 1<sup>st</sup> time patients need care card # (can get # from the school office).

### Other supports – private counselling

#### On Thursdays and some

**Fridays**, Talia will continue to work with students thru ERS for private counselling appointments.

And on Wednesdays from 1-3:30pm, Terri from Interior Health Mental Health and Substance Use will have private counselling appointments with students

### Lounge Area

The lounge area is a safe, relaxing space for all students. **Open to students when the Doctor & Mental Health Support are in the Wellness Centre – permission required.**

For more information about the Wellness Centre or to make an appointment call or text 250-833-6100 or email [info@sassullivanwellness.com](mailto:info@sassullivanwellness.com)

[www.sassullivanwellness.com](http://www.sassullivanwellness.com)

(new ERS Website coming soon!! [www.erswellness.com](http://www.erswellness.com))