

# WELLNESS SERVICES



Wellness Services are offered to current or past clients, families, caregivers and the broader community to proactively engage participants in their care by building awareness and enhancing knowledge, skills and resilience.

Our wide range of Wellness events provide timely services that support the changing needs of our clients across the lifespan. These are delivered through various means, including groups, workshops, clinics, drop-ins, phone-ins and Telehealth services.

### Note to Participants:

Please add [wellness.registration@surreyplace.ca](mailto:wellness.registration@surreyplace.ca) to your list of contacts. The link to join events will be sent from this email address and will go to junk/spam if not added.

## New Event:

### Conversation for Change

Stuck on a problem?  
Facing a challenge?  
Want to make a change?

Single session counselling can help you take a step towards positive change in your life.

After your counselling session, the social worker can give you information and resources to support you in taking the first step towards meeting your goal.

Here are examples of goals that may be addressed in a single session: stress reduction, improving social relationships, being more active.

DATE & TIME:	LOCATION
See Schedule Below	Online -
LINK TO REGISTER:	
Located below in Event Schedule.	

For more information, please email:

[Wellness.registration@surreyplace.ca](mailto:Wellness.registration@surreyplace.ca)

Or visit:

[www.surreyplace.ca/wellness](http://www.surreyplace.ca/wellness)

**SOUTH LOCATION:**  
2 Surrey Place

**WEST LOCATION:**  
2150 Islington Ave.

**NORTH LOCATION:**  
2 Champagne Dr.

**EAST LOCATION:**  
10 Milner Business Ct.

## Event Schedule: April 2021

Date:	Appointment Times:	Link to Register:
Wednesday April 21 <sup>st</sup> , 2021	5:30 PM - 7:00 PM 5:30 PM - 7:00 PM	<a href="#">Wednesday April 21st, 2021</a>
Saturday April 24 <sup>th</sup> , 2021	12:00 PM – 1:30 PM 2:00 PM – 3:30 PM 11:30 AM to 1:00 PM 2:00 PM to 3:30 PM 4:00 PM to 5:30 PM	<a href="#">Saturday April 24th, 2021</a>
Monday April 26 <sup>th</sup> , 2021	5:30 PM – 7:00 PM	<a href="#">Monday April 26th, 2021</a>
Wednesday April 28 <sup>th</sup> , 2021	5:30 PM - 7:00 PM 5:30 PM - 7:00 PM	<a href="#">Wednesday April 28th, 2021</a>

## Event Schedule: May 2021

Date:	Appointment Times:	Link to Register:
Saturday May 1 <sup>st</sup> , 2021	12:00 PM – 1:30 PM 11:30 AM to 1:00 PM 2:00 PM to 3:30 PM 2:00 PM to 3:30 PM 4:00 PM to 5:30 PM	<a href="#">Saturday May 1st, 2021</a>
Monday May 3 <sup>rd</sup> , 2021	5:30 PM – 7:00 PM	<a href="#">Monday May 3rd, 2021</a>
Wednesday May 5 <sup>th</sup> , 2021	5:30 PM - 7:00 PM 5:30 PM - 7:00 PM	<a href="#">Wednesday May 5th, 2021</a>
Saturday May 8 <sup>th</sup> , 2021	12:00 PM – 1:30 PM 11:30 AM to 1:00 PM 2:00 PM to 3:30 PM 2:00 PM to 3:30 PM 4:00 PM to 5:30 PM	<a href="#">Saturday May 8th, 2021</a>
Monday May 10 <sup>th</sup> , 2021	5:30 PM – 7:00 PM	<a href="#">Monday May 10th, 2021</a>
Tuesday May 11 <sup>th</sup> , 2021	5:30 PM - 7:00 PM	<a href="#">Tuesday May 11th, 2021</a>
Wednesday May 12 <sup>th</sup> , 2021	5:30 PM - 7:00 PM	<a href="#">Wednesday May 12th, 2021</a>
Saturday May 15 <sup>th</sup> , 2021	12:00 PM – 1:30 PM 11:30 AM to 1:00 PM 2:00 PM to 3:30 PM 2:00 PM to 3:30 PM 4:00 PM to 5:30 PM	<a href="#">Saturday May 15th, 2021</a>
Monday May 17 <sup>th</sup> , 2021	5:30PM-7:00PM	<a href="#">Monday May 17th, 2021</a>
Wednesday May 19 <sup>th</sup> , 2021	5:30PM-7:00PM	<a href="#">Wednesday May 19th, 2021</a>
Thursday May 20 <sup>th</sup> , 2021	5:30PM-7:00PM	<a href="#">Thursday May 20th, 2021</a>
Saturday May 22 <sup>nd</sup> , 2021	11:30 AM to 1:00 PM 12:00PM-1:30PM 2:00 PM to 3:30 PM 2:00 PM to 3:30 PM 4:00PM-5:30PM	<a href="#">Saturday May 22nd, 2021</a>
Tuesday May 25 <sup>th</sup> , 2021	5:30PM-7:00PM	<a href="#">Tuesday May 25th, 2021</a>
Wednesday May 26 <sup>th</sup> , 2021	5:30PM-7:00PM	<a href="#">Wednesday May 26th, 2021</a>
Thursday May 27 <sup>th</sup> , 2021	5:30PM-7:00PM	<a href="#">Thursday May 27th, 2021</a>
Saturday May 29 <sup>th</sup> , 2021	11:30 AM to 1:00 PM 2:00 PM to 3:30 PM 4:00PM-5:30PM	<a href="#">Saturday May 29th, 2021</a>
Monday May 31 <sup>st</sup> , 2021	5:30PM-7:00PM	<a href="#">Monday May 31st, 2021</a>

## Event Schedule: June 2021

Wednesday June 2, 2021	5:30PM-7:00PM	<a href="#">Wednesday June 2, 2021</a>
Thursday June 3, 2021	5:30PM-7:00PM	<a href="#">Thursday June 3, 2021</a>
Saturday June 5, 2021	11:30 AM to 1:00 PM 2:00 PM to 3:30 PM 4:00PM-5:30PM	<a href="#">Saturday June 5, 2021</a>
Monday June 7, 2021	5:30PM-7:00PM	<a href="#">Monday June 7, 2021</a>
Wednesday June 9, 2021	5:30PM-7:00PM	<a href="#">Wednesday June 9, 2021</a>
Thursday June 10, 2021	5:30PM-7:00PM	<a href="#">Thursday June 10, 2021</a>
Saturday June 12, 2021	11:30 AM to 1:00 PM 12:00PM-1:30PM 2:00 PM to 3:30 PM 2:00 PM to 3:30 PM 4:00PM-5:30PM	<a href="#">Saturday June 12, 2021</a>
Monday June 14, 2021	5:30PM-7:00PM	<a href="#">Monday June 14, 2021</a>