



Health December 2023

Updated November 30, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Soup Lunch 12–1pm A.A 7:00–8:00pm
4 Community Acupuncture* 8:45am–2:15pm	5	6 Herbal Medicine Clinic* 12:15–2:30pm A.A 7:30–8:30pm	7 Beading Circle 5:00–7:00pm A.A 7:30–8:30pm	8 Soup Lunch 12–1pm A.A 7:00–8:00pm
11 Community Acupuncture* 8:45am–2:15pm Colouring and Healing Circle 1:00–3:00pm	12	13 Herbal Medicine Clinic* 12:15–2:30pm Financial Workshop: Preparing for Temporarily Reduced Income* 11:30am–12:30pm A.A 7:30–8:30pm	14 Housing Application Day* 9:00am–4:00pm A.A 7:30–8:30pm	15 Soup Lunch 12–1pm Nuu-chah-nulth Brushings* 9:30am–3:30pm Smudge Spray Workshop 1:00–3:00pm A.A 7:00–8:00pm
18 Community Acupuncture* 8:45am–2:15pm	19	20 VNFC Closed for the Holidays	21 Re-Opening January 3rd	22 See you in the New Year!
				

**These services are for people who self identify as Indigenous*

CALENDAR SUBJECT TO CHANGE

The Victoria Native Friendship Centre
231 Regina Ave Victoria, BC V8Z 1J6
250-384-3211



DESCRIPTION OF EVENTS

For Indigenous Community Members:

Community Acupuncture: Pacific Rim College students are here to provide acupuncture specific to your health needs from 8:45am-2:15pm. Along with acupuncture, your session may include fire cupping, gua sha and tui na massage. Book an appointment with reception. (*Wellness Room*)

Colouring and Healing Circle: Come pick from a selection of colouring books and join us in a supportive talking circle where we share our experiences and work towards healing. With cultural support. Drop-ins Welcome. For more information, contact Kelsey (kelsey.s@vnfc.ca). (*Amphitheatre*)

Financial Workshop - Preparing for Temporarily Reduced Income: The VNFC Housing Team presents a workshop series about Finances in partnership with the Credit Counselling Society. Register with Raelene (Raelene.c@vnfc.ca). (*Boardroom*)

Herbal Medicine Clinic: Pacific Rim College students are here to provide herbal treatments and teachings. Scheduled one-on-one appointments available at 12:15 and 1:45pm for herbal treatments specific to your health needs. Sign up at reception. Drop-in between 12:15-2:30pm to enjoy tea and herbal medicine related activities. (*Wellness Room*)

Housing Application Day: The housing team will be available to assist with filling out any housing applications, supplemental paperwork, or sending housing applications. This will be done in one-hour time slots. Please call VNFC Reception to book a slot. (*Gym*)

Nuu-chah-nulth Brushings: Mark Atleo will be here to provide brushings. By appointment. Sign up with Isobel (isobel.d@vnfc.ca). Drop-ins may be available if space permits. (*Cedar Rose Room*)

Everyone Welcome:

Beading Circle: Join us as we partner with VNFC's Culture and Language Program to learn more about bead work and work on your own creations. No experience necessary and supplies are provided. (*Boardroom*)

Smudge Spray Workshop: Join the Garden Team in the boardroom for a Smudge Spray workshop. Each participant will be able to make 2 bottles in the spirit of the holiday season. Space limited to 30 participants. Email garden@vnfc.ca to sign up. (*Garden*)

Soup Lunch: Weekly community lunch. All are welcome, so bring a friend. Free to attend and no registration required. (*Gym*)

Alcoholics Anonymous: Weekly Meetings. All are welcome. (*Amphitheatre*)

ALL SERVICES ARE FREE FOR COMMUNITY