



# Health April 2024

Updated March 27, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>EASTER MONDAY</b>  <b>VNFC CLOSED</b>	<b>2</b>	<b>3</b>  <b>Herbal Medicine Clinic*</b> <b>12:15—2:30pm</b>  <b>A.A 7:30—8:30pm</b>	<b>4</b>  <b>Community Massage*</b> <b>10:00am—1:00pm</b>  <b>A.A 7:30—8:30pm</b>	<b>5</b> <b>Soup Lunch 12—1pm</b> <b>Fun and Fabulous Fridays</b> <b>Art as Therapy*</b> <b>1:00-3:00pm</b> <b>Unity Drummers</b> <b>5:30—7:30pm</b> <b>A.A 7:00—8:00pm</b>
<b>8</b>  <b>Community</b> <b>Acupuncture*</b> <b>8:30—11:00am</b>	<b>9</b>	<b>10</b>  <b>Herbal Medicine Clinic*</b> <b>12:15—2:30pm</b>  <b>A.A 7:30—8:30pm</b>	<b>11</b>  <b>Art and Laughter*</b> <b>9:30am—12:00pm</b>  <b>Beading Circle</b> <b>5:00—7:00pm</b> <b>A.A 7:30—8:30pm</b>	<b>12</b> <b>Soup Lunch 12—1pm</b> <b>Fun and Fabulous Fridays</b> <b>Art as Therapy*</b> <b>1:00-3:00pm</b> <b>Unity Drummers</b> <b>5:30—7:30pm</b> <b>A.A 7:00—8:00pm</b>
<b>15</b>  <b>Community</b> <b>Acupuncture*</b> <b>8:30—11:00am</b>	<b>16</b>  <b>Nuu-chah-nulth</b> <b>Brushings*</b> <b>9:30am—3:30pm</b>	<b>17</b>  <b>Fire Cider Workshop</b> <b>10:00am—12:00pm</b>  <b>A.A 7:30—8:30pm</b>	<b>18</b>  <b>Art and Laughter*</b> <b>9:30am—12:00pm</b>  <b>A.A 7:30—8:30pm</b>	<b>19</b> <b>Soup Lunch 12—1pm</b> <b>Fun and Fabulous Fridays</b> <b>Art as Therapy*</b> <b>1:00-3:00pm</b> <b>Unity Drummers</b> <b>5:30—7:30pm</b> <b>A.A 7:00—8:00pm</b>
<b>22</b>  <b>Community</b> <b>Acupuncture*</b> <b>8:30—11:00am</b>	<b>23</b>  <b>Tibetan Sound</b> <b>Meditation</b> <b>10:00am-12:00pm</b>	<b>24</b>  <b>A.A 7:30—8:30pm</b>	<b>25</b>  <b>Art and Laughter*</b> <b>9:30am—12:00pm</b>  <b>Beading Circle</b> <b>5:00—7:00pm</b> <b>A.A 7:30—8:30pm</b>	<b>26</b> <b>Soup Lunch 12—1pm</b> <b>Fun and Fabulous Fridays</b> <b>Art as Therapy*</b> <b>1:00-3:00pm</b> <b>Unity Drummers</b> <b>5:30—7:30pm</b> <b>A.A 7:00—8:00pm</b>
<b>29</b>	<b>30</b>			

*\*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:**

**Art and Laughter:** Humorous and fun weekly art as therapy invitations! Limited spaces available. Contact Shona for information and to sign-up (shona@vnfc.ca or 250-384-3211 ext. 2226). (*Territory for the Arts*)

**Community Acupuncture:** New format for 2024! Join Emma Barker, registered acupuncturist, for a community acupuncture clinic. Taking place in a group setting, it is a peaceful, nap-inducing yet flowing hub of patients coming and going with the practitioner quietly facilitating that flow. You will be treated in a reclining chair, fully clothed, in a circle. Sign up with reception. (*Wellness Room*)

**Community Massage:** Students from West Coast College of Massage Therapy provide 50-minute massages. Contact reception to book an appointment (10am, 11am and 12pm). (*Wellness Room*)

**Fun and Fabulous Fridays—Art as Therapy:** No art experience necessary! Facilitated by art therapy student Miream Rabba. 6 spaces available each week. To learn more contact Shona (shona@vnfc.ca or 250-384-3211 ext. 2226). (*Territory for the Arts*).

**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*)

**Nuu-chah-nulth Brushings:** Mark Atleo will be here to provide brushings and healing prayers/song. 9:30 to 12:00 by appointment, and drop-ins from 1:00-3:30. Sign up with Isobel (isobel.d@vnfc.ca). (*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*)

**Fire Cider Workshop:** Join us in making your own Fire Cider! What is Fire Cider? It's a traditional herbal remedy that people find rejuvenating and replenishing. It stimulates digestion, while supporting the liver and immune system. A perfect tonic for Spring. (*VNFC Garden*)

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

**Tibetan Sound Meditation:** Dam Chhoi will offer Tibetan Sound Healing and Meditation. Sound healing is a powerful therapy that uses sound and frequency to balance and heal the body, mind, and spirit. Dam Chhoi is a certified sound healer who uses various instruments, such as Tibetan and crystal singing bowls, gongs, drums, and tuning forks, to create a therapeutic atmosphere for his clients. For more information contact Lisa (lisa.m@vnfc.ca) (*Amphitheatre*)

**Unity Drummers:** The urban Indigenous community comes together to share songs and friendship. Family friendly. Everyone welcome. (*Gym*)

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

**ALL SERVICES ARE FREE FOR COMMUNITY**