



Wellness and Health July 2024

Updated: July 7, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 HOLIDAY VNFC CLOSED	2	3 Herbal Medicine Clinic* 12:15–3:15pm A.A 7:30–8:30pm	4 Community Massage* 10:00am–1:00pm Knit and Craft Circle 1:00–2:30pm A.A 7:30–8:30pm	5 Soup Lunch 12–1pm Wellness in the Garden 1:00–2:30pm Unity Drums 5:30–7:30pm A.A 7:00–8:00pm
8 Community Acupuncture* 8:30–11:00am	9	10 Mindfulness Meditation 10:30–11:30am Herbal Medicine Clinic* 12:15–3:15pm A.A 7:30–8:30pm	11 Invasive Species Removal Party 9:00am–12:00pm Community Massage* 10:00am–1:00pm Beading Circle 5:00–7:00pm A.A 7:30–8:30pm	12 Soup Lunch 12–1pm Wellness in the Garden 1:00–2:30pm Unity Drums 5:30–7:30pm A.A 7:00–8:00pm
15 Community Acupuncture* 8:30–11:00am	16 Nuu-chah-nulth Brushings* 9:30am–3:30pm	17 Mindfulness Meditation 10:30–11:30am Herbal Medicine Clinic* 12:15–3:15pm A.A 7:30–8:30pm	18 Community Massage* 10:00am–1:00pm Knit and Craft Circle 1:00–2:30pm A.A 7:30–8:30pm	19 Soup Lunch 12–1pm Wellness in the Garden 1:00–2:30pm Bingo! 1:00–2:30pm Unity Drums 5:30–7:30pm A.A 7:00–8:00pm
22 Community Acupuncture* 8:30–11:00am	23	24 Mindfulness Meditation 10:30–11:30am Herbal Medicine Clinic* 12:15–3:15pm A.A 7:30–8:30pm	25 Community Massage* 10:00am–1:00pm Beading Circle 5:00–7:00pm A.A 7:30–8:30pm	26 Soup Lunch 12–1pm Wellness in the Garden 1:00–2:30pm Unity Drums 5:30–7:30pm A.A 7:00–8:00pm
29 Community Acupuncture* 8:30–11:00am	30	31 Mindfulness Meditation 10:30–11:30am Herbal Medicine Clinic* 12:15–3:15pm A.A 7:30–8:30pm		

*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



DESCRIPTION OF EVENTS

For Indigenous Community Members:

Community Acupuncture: 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*)

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. (*Amphitheatre*)

Bingo!: Everyone welcome to join Elders & Seniors for bingo by phone, zoom, or in person. We have great prizes! Pick up your bingo cards at VNFC and email culture@vnfc.ca for phone/zoom info. (*Board Room; Zoom Meeting*)

Invasive Species Removal Party: Please join us at the Pacific Forestry Centre at 506 Burnside Road West for a morning of invasive species removal. Let's help the forestry gardeners remove invasive species from the forest so the native plants can flourish. Please RSVP to garden@vnfc.ca to be a part of this offering. (*506 Burnside Road West*)

Knit and Craft Circle: Meet elders over a cup of tea and bring your knitting or crafting project to work on. Email culture@vnfc.ca for details. (*Camosun Classroom or Youth Drop-in; Zoom link available*)

Mindfulness Meditation: Join us and student facilitator Shima for weekly mindfulness meditation. Participants will learn about mindfulness, experience a guided meditation, and have any questions answered. Come once or come weekly! Limited space available. Register with Scott (scott.i@vnfc.ca). Drop-ins welcome! (*Wellness Room*)

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

Unity Drummers: The urban Indigenous community comes together to share songs and friendship. Family friendly. Everyone welcome. Visit their Facebook page for more information: <https://www.facebook.com/unity.drummers> (*Gym*)

Wellness in the Garden: Join us every Friday in July for Wellness in the Garden. Relax, unwind, and connect in our beautiful garden space. Feel free to bring a sketch book, your crafting projects, your meditation practice, or whatever helps you relax. We will have drawing supplies and paint makers to paint rocks. This is a self-directed space. On July 12th and 26th we will have Elders with us for story telling and to chat and connect with. (*Garden*)

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

ALL SERVICES ARE FREE FOR COMMUNITY