



# Wellness and Health August 2024

Updated: July 31, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<div style="border: 2px solid black; padding: 5px; text-align: center;"> <b>No Soup Lunch in August — Returns Sept 13</b> </div>		<b>1</b> <b>Community Massage*</b> 10:00am—1:00pm  A.A 7:30—8:30pm	<b>2</b>  A.A 7:00—8:00pm
<b>5</b>  <b>HOLIDAY</b>  <b>VNFC CLOSED</b>	<b>6</b>	<b>7</b> <b>Mindfulness Meditation</b> 10:30—11:30am <b>Herbal Medicine Clinic*</b> 12:15—3:15pm A.A 7:30—8:30pm	<b>8</b>  <b>Beading Circle</b> 5:00—7:00pm  A.A 7:30—8:30pm	<b>9</b>  A.A 7:00—8:00pm
<b>12</b>	<b>13</b>  <b>Nuu-chah-nulth Brushings*</b> 9:30am—3:30pm	<b>14</b> <b>Mindfulness Meditation</b> 10:30—11:30am <b>Herbal Medicine Clinic*</b> 12:15—3:15pm A.A 7:30—8:30pm	<b>15</b>  <b>Bingo!: 1pm-2:30pm</b>  A.A 7:30—8:30pm	<b>16</b>  <b>Wellness in the Garden</b> 1:00—2:30pm  A.A 7:00—8:00pm
<b>19</b>  <b>Community Acupuncture*</b> 8:30—11:00am	<b>20</b>	<b>21</b>  <b>Knit and Craft Circle</b> 1:00—2:30pm  A.A 7:30—8:30pm	<b>22</b>  <b>Beading Circle</b> 5:00—7:00pm  A.A 7:30—8:30pm	<b>23</b> <div style="border: 1px solid black; padding: 2px; text-align: center;"> <b>Sat. Aug. 24 at Gov't House: Back to School Picnic + Status Card Clinic</b> </div> <b>Wellness in the Garden</b> 1:00—2:30pm  A.A 7:00—8:00pm
<b>26</b>	<b>27</b>  <b>Drop-in Clinic: Canada Revenue Agency and Service Canada</b> 11:30-4pm	<b>28</b>  A.A 7:30—8:30pm	<b>29</b>  	<b>30</b>  <b>Wellness in the Garden</b> 1:00—2:30pm  A.A 7:00—8:00pm

\*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:**

**Drop-in Clinic with Canada Revenue Agency and Service Canada:** Find out more about the benefits, credits, pensions, programs and services you may be entitled to. For more information, contact Arianna Scott at 250-384-3211. (*Amphitheatre*)

**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. Pacific Rim College Student Acupuncture Clinic will return in September! (*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). Appointments resume in September. (*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. Clinics will resume in September. (*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). (*Wellness Room*)

**Indigenous Back to School Picnic:** Saturday, Aug. 24 from 11am-3pm at Government House. This event celebrates children as they prepare to go back to school with free school supply kits and a variety of fun activities. For more info: [www.surroundedbycedar.com/back-to-school-picnic](http://www.surroundedbycedar.com/back-to-school-picnic)

### **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](mailto:culture@vnfc.ca) for phone/zoom info. (*Board Room; Zoom Meeting*)

**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](mailto:culture@vnfc.ca) for details. (*In-person at VNFC and 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! Register with Christina ([christina.k@vnfc.ca](mailto:christina.k@vnfc.ca)). Drop-ins welcome! (*Wellness Room*)

**Soup Lunch Returns September 13:** Weekly community lunch. All are welcome, so bring a friend. Free to attend and no registration required. (*Gym*)

**Unity Drummers on Break for Summer:** 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 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. (*Garden*)

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

**ALL SERVICES ARE FREE FOR COMMUNITY**