



Wellness and Health September 2024

Updated: Aug 29, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>HOLIDAY</p> <p>VNFC CLOSED</p>	<p>3</p>	<p>4</p> <p>Herbal Medicine Clinic* 12:15–3:15pm</p> <p>A.A 7:30–8:30pm</p>	<p>5</p> <p>Create Artwork for the Wellness Room* 9:30am–12:30pm</p> <p>A.A 7:30–8:30pm</p>	<p>6</p> <p>A.A 7:00–8:00pm</p>
<p>9</p>	<p>10</p>	<p>11</p> <p>Herbal Medicine Clinic* 12:15–3:15pm</p> <p>A.A 7:30–8:30pm</p>	<p>12</p> <p>Create Artwork for the Wellness Room* 9:30am–12:30pm</p> <p>Beading Circle 5:00–7:00pm</p> <p>A.A 7:30–8:30pm</p>	<p>13</p> <p>Soup Lunch 12–1pm</p> <p>The Garden Party 1:00-3:00pm</p> <p>A.A 7:00–8:00pm</p>
<p>16</p> <p>Community Acupuncture* 8:30am–3:15pm</p>	<p>17</p> <p>Mindfulness Meditation 10:00-11:00am</p>	<p>18</p> <p>Herbal Medicine Clinic* 12:15–3:15pm</p> <p>Knit and Craft Circle 1:00–2:30pm</p> <p>A.A 7:30–8:30pm</p>	<p>19</p> <p>Create Artwork for the Wellness Room* 9:30am–12:30pm</p> <p>Bingo!: 1pm-2:30pm</p> <p>A.A 7:30–8:30pm</p>	<p>20</p> <p>Soup Lunch 12–1pm</p> <p>A.A 7:00–8:00pm</p>
<p>23</p> <p>Community Acupuncture* 8:30am–3:15pm</p>	<p>24</p> <p>Mindfulness Meditation 10:00-11:00am</p>	<p>25</p> <p>Herbal Medicine Clinic* 12:15–3:15pm</p> <p>A.A 7:30–8:30pm</p>	<p>26</p> <p>Create Artwork for the Wellness Room* 9:30am–12:30pm</p> <p>Beading Circle 5:00–7:00pm</p> <p>A.A 7:30–8:30pm</p>	<p>27</p> <p>Soup Lunch 12–1pm</p> <p>A.A 7:00–8:00pm</p>
<p>30</p> <p>VNFC CLOSED—National Day for Truth and Reconciliation</p> <p>Songhees Powwow 10:00am–6:00pm</p>				

*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. Along with acupuncture, your session may include fire cupping, gua sha and tui na massage. Book an appointment with reception. (Wellness Room)

Create Artwork for the Wellness Room: Join us for a 4 week art as therapy group to work on an individual painting that will be a contribution to the wellness room. Facilitated by a CiiAT art therapy student. Contact Shona for more information and sign up at shona@vnfc.ca or 250-384-3211 ext. 2226. 6 Spaces available! (*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*)

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*)

The Garden Party: We're having a celebration in the VNFC garden! Please join us for karaoke, lawn games & laughs! Please email gardensupport@vnfc.ca with any questions. (*VNFC Garden*)

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. (*In-person at VNFC and Zoom link available*)

Mindfulness Meditation: Join us and student facilitator Shima for mindfulness meditation. Participants will learn about mindfulness, experience a guided meditation, and have any questions answered. Register with Christina (christina.k@vnfc.ca). Drop-ins welcome! (*Wellness Room*)

Songhees Powwow: We invite community to join the Songhees Nation for the annual South Island Powwow. It is an opportunity to recognize Survivors and their families in the spirit of reconciliation. Through song and dance, we will celebrate traditional Indigenous cultures and resiliency. Located at Royal Athletic Park 1014 Caledonia Ave. For more information visit: www.songheesnation.ca/south-island-powwow

Soup Lunch: 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*)

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

ALL SERVICES ARE FREE FOR COMMUNITY