



Wellness and Health October 2024

Updated: October 2, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Herbal Medicine Clinic* 12:15–3:15pm A.A 7:30–8:30pm	3 Exploring Rest Through Art* 9:30am–12:00pm A.A 7:30–8:30pm	4 Soup Lunch 12–1pm A.A 7:00–8:00pm
7 Community Acupuncture* 8:30am–3:15pm	8	9 Herbal Medicine Clinic* 12:15–3:15pm A.A 7:30–8:30pm	10 Exploring Rest Through Art* 9:30am–12:00pm Beading Circle 5:00–7:00pm A.A 7:30–8:30pm	11 Soup Lunch 12–1pm A.A 7:00–8:00pm
14	15	16 Knit and Craft Circle 1:00–2:30pm A.A 7:30–8:30pm	17 Exploring Rest Through Art* 9:30am–12:00pm Bingo! 1pm-2:30pm A.A 7:30–8:30pm	18 Soup Lunch 12–1pm A.A 7:00–8:00pm
21 Community Acupuncture* 8:30am–3:15pm	22	23 Lunch and Learn: IDC/BCANDS 12:00–1:30pm Herbal Medicine Clinic* 12:15–3:15pm A.A 7:30–8:30pm	24 Exploring Rest Through Art* 9:30am–12:00pm Beading Circle 5:00–7:00pm A.A 7:30–8:30pm	25 Soup Lunch 12–1pm A.A 7:00–8:00pm
28 Community Acupuncture* 8:30am–3:15pm	29 Lunch and Learn: Wills and Estates* 12:00-1:30pm	30 Herbal Medicine Clinic* 12:15–3:15pm Knit and Craft Circle 1:00–2:30pm A.A 7:30–8:30pm	31 Halloween Art* 9:30am–12:00pm Happy Halloween! 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
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)

Exploring Rest Through Art: Weekly art as therapy activities focused on rest. Facilitated by art therapy students from VATI and CiiAT. Contact Shona for more information and to sign up at shona@vnfc.ca or 250-384-3211 ext. 2226. 6 Spaces available! October 31st will be Halloween themed art. (*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*)

Lunch and Learn—IDC/BCANDS: Join us and our special guests from Indigenous Disability Canada/British Columbia Aboriginal Network on Disability Society (IDC/BCANDS) to learn more about all of the disability services they provide, including support for applying for the Registered Disability Savings Plan (RDSP). October is RDSP awareness month! Register with Scott (scott.i@vnfc.ca). (*Amphitheatre*)

Lunch and Learn—Wills and Estates: Join us for a presentation on wills and estates by our colleagues at the Law Centre. This presentation will cover what happens with estates when no will is present, the legal requirements for making a will, how wills differ for folks on reserve and off reserve, and a space for questions about the will-making process. Lunch provided! Limited spaces. Please register with Isobel (isobel.d@vnfc.ca). (*Lunchroom*)

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*)

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*)

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*)

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

ALL SERVICES ARE FREE FOR COMMUNITY