



Wellness and Health December 2024

Updated: November 29, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 Community Acupuncture* 8:30am—3:15pm	3	4 Herbal Medicine Clinic* 12:15—3:15pm Knit and Craft Circle 1:00—2:30pm A.A 7:30—8:30pm	5 Heart Lantern* 9:30am—12:00pm Indigenous Artisan Winter Market 12:00—6:30pm A.A 7:30—8:30pm	6 Soup Lunch 12—1pm Indigenous Artisan Winter Market 12:00—6:30pm A.A 7:00—8:00pm
9 Community Acupuncture* 8:30am—3:15pm	10 Mindfulness Meditation 10:00—11:00am	11 Herbal Medicine Clinic* 12:15—3:15pm Knit and Craft Circle 1:00—2:30pm A.A 7:30—8:30pm	12 Heart Lantern* 9:30am—12:00pm Sweet and Salty Winter Workshop 1:30—3:30pm A.A 7:30—8:30pm	13 Soup Lunch 12—1pm A.A 7:00—8:00pm
16 Community Acupuncture* 8:30am—3:15pm	17	18 A.A 7:30—8:30pm	19 Winter Garden Party 1:30—3:30pm A.A 7:30—8:30pm	20 VNFC CLOSED FOR THE HOLIDAYS REOPENING JANUARY 6th
23 VNFC CLOSED	24 VNFC CLOSED	25 VNFC CLOSED Happy Holidays!	26 VNFC CLOSED	27 VNFC CLOSED
30 VNFC CLOSED	31 VNFC CLOSED Happy New Year!			

*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)

Heart Lantern: Art as therapy activity to create a heart lantern over 2 weeks. Facilitated by art students from VATI and CiiAT. Contact Shona for more information and to sign up: 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:

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 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*)

Sweet and Salty Winter Workshop: Join us in making gifts for someone you love or yourself! We'll have supplies for sugary lip scrubs, decadent seasoning salts and soothing bath salts. Please RSVP to gardensupport@vnfc.ca. (*Boardroom*)

Winter Garden Party: Join us in the garden for hot chocolate and cheer! Please dress for the weather. Please send any questions to gardensupport@vnfc.ca (*Garden*)

Indigenous Artisan Winter Market: The annual winter market is here! Come shop from 50 local Indigenous artists situated all throughout the Centre. Get your holiday shopping done while supporting artisans in your community. Please note, there is no ATM or parking on site.

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

ALL SERVICES ARE FREE FOR COMMUNITY