







Wellness and Health November 2024

Updated: November 4, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Soup Lunch 12–1pm A.A 7:00–8:00pm
4 Community Acupuncture* 8:30am–3:15pm	5	6 Herbal Medicine Clinic* 12:15–3:15pm Knit and Craft Circle 1:00–2:30pm A.A 7:30–8:30pm	7 Exploring Nature Through Art* 9:30am–12:00pm Beading Circle 5:00–7:00pm A.A 7:30–8:30pm	8 Soup Lunch 12–1pm A.A 7:00–8:00pm
11 VNFC CLOSED	12 Cultural Support* 9:30am–3:30pm	13 Joint Service Day* 10:00am–5:00pm Herbal Medicine Clinic* 12:15–3:15pm A.A 7:30–8:30pm	14 Exploring Nature Through Art* 9:30am–12:00pm A.A 7:30–8:30pm	15 Soup Lunch 12–1pm Tea and Talk for 55+: Beat the Fraudster 1:30–3:00 A.A 7:00–8:00pm
18 Community Acupuncture* 8:30am–3:15pm	19 Mindfulness Meditation 10:00–11:00am	20 Herbal Medicine Clinic* 12:15–3:15pm A.A 7:30–8:30pm	21 Exploring Nature Through Art* 9:30am–12:00pm Beading Circle 5:00–7:00pm A.A 7:30–8:30pm	22 Soup Lunch 12–1pm A.A 7:00–8:00pm
25 Community Acupuncture* 8:30am–3:15pm	26	27 Herbal Medicine Clinic* 12:15–3:15pm Knit and Craft Circle 1:00–2:30pm A.A 7:30–8:30pm	28 Exploring Nature Through Art* 9:30am–12:00pm Kombucha and Fermentation Knowledge Share 1:00–3:00pm A.A 7:30–8:30pm	29 Soup Lunch 12–1pm Bingo!: 1pm-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
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)

Cultural Support: Pete Charlie will be here to provide brushings. 9:30am-12:00pm by appointment and drop-ins from 1:00-3:30. Book an appointment with reception. (Wellness Room)

Exploring Nature Through Art: Weekly art as therapy activities focused on nature. 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)

Joint Service Day: Do you need help to apply for your BC ID? Do you have a legal issue that you need support with? Are you curious to see if you can apply for the Boarding Homes Class Action Claim? Do you want to get your will notarized? Need help applying for income support? Do you need help filling your taxes? Victoria Native Friendship Centre's Joint Service Day is here to answer all these questions and more! We are bringing a variety of external partners for your convenience into one place. Snacks and beverages will be provided throughout the day as well as a hot lunch. Contact Cassidy for more information (cassidy.v@vnfc.ca). (*Gym*)

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*)

Kombucha and Fermentation Knowledge Share: Please join us in the VNFC Amphitheatre for an introduction to basic fermentation. We'll have snacks and scobies to share! Please contact gardensupport@vnfc.ca with any questions. (*Amphitheatre*)

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*)

Tea and Talk for 55+ Beat the Fraudster: Join us and guests from Greater Victoria Police Victim Services and Saanich Police to learn how to empower and protect yourself and your loved ones with practical techniques to increase your financial and technological safety, as well as learning more about what victim services can do to help. Indigenous Elders, Seniors encouraged to attend the session to help keep you safe from scammers. Light snacks and tea provided. (*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