



# Wellness and Health February 2025

Updated: January 31, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Community Acupuncture*</b> <b>8:30am—3:15pm</b>	<b>4</b>	<b>5</b> <b>Herbal Medicine Clinic*</b> <b>12:15—3:15pm</b>  <b>A.A 7:30—8:30pm</b>	<b>6</b> <b>Exploring Self Love Through Art*</b> <b>9:30am—12:00pm</b>  <b>A.A 7:30—8:30pm</b>	<b>7</b>  <b>Soup Lunch 12—1pm</b>  <b>Herbal Tea Time 1:15-2:30pm</b>
<b>10</b> <b>Community Acupuncture*</b> <b>8:30am—3:15pm</b>	<b>11</b> <b>Mindfulness with Shima</b> <b>10:00-11:00am</b>	<b>12</b> <b>2SLGBTQIA+ Youth Gathering!</b> <b>9:00am—3:00pm</b>  <b>A.A 7:30—8:30pm</b>	<b>13</b> <b>Exploring Self Love Through Art*</b> <b>9:30am—12:00pm</b> <b>Beading Circle 5:00—7:00pm</b> <b>A.A 7:30—8:30pm</b>	<b>14</b> <b>Soup Lunch 12—1pm</b> <b>Bingo 1:00—2:30pm</b> <b>Herbal Tea Time 1:15-2:30pm</b> <b>A.A 7:00—8:00pm</b>
<b>17</b> <b>STAT—VNFC Closed</b>	<b>18</b>	<b>19</b>  <b>A.A 7:30—8:30pm</b>	<b>20</b> <b>Cedar Headbands Workshop*</b> <b>1:00—3:00pm</b> <b>Exploring Self Love Through Art*</b> <b>9:30am—12:00pm</b> <b>A.A 7:30—8:30pm</b>	<b>21</b> <b>Soup Lunch 12—1pm</b> <b>Herbal Tea Time 1:15-2:30pm</b> <b>A.A 7:00—8:00pm</b>
<b>24</b> <b>Community Acupuncture*</b> <b>8:30am—3:15pm</b>	<b>25</b> <b>Cultural Support With Julia Atleo*</b> <b>9:00am—3:00pm</b>	<b>26</b> <b>Herbal Medicine Clinic*</b> <b>12:15—3:15pm</b> <b>Knit and Craft Circle 1:00—2:30pm</b> <b>A.A 7:30—8:30pm</b>	<b>27</b> <b>Exploring Self Love Through Art*</b> <b>9:30am—12:00pm</b> <b>Beading Circle 5:00—7:00pm</b> <b>A.A 7:30—8:30pm</b>	<b>28</b> <b>Soup Lunch 12—1pm</b> <b>Herbal Tea Time 1:15-2:30pm</b> <b>A.A 7:00—8:00pm</b>
		<div style="border: 2px solid red; border-radius: 15px; padding: 10px; text-align: center;"> <b>Save the Date!</b>  <b>Community Care Fair</b>  <b>March 12 10am-3pm</b> </div>		

*\*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*)

**Cedar Headband Workshop:** Join us to learn all about how to make a cedar headband. Materials and refreshments provided. Limited spaces. Register with Scott (scott.i@vnfc.ca). (*Amphitheatre*)

**Cultural Support with Julia Atleo:** Nuu-cha-nulth Knowledge Keeper Julia Atleo will offer supportive conversation, energy work, cedar brushings, and work with candles. To make an appointment or for more information, please contact reception at 250-384-3211. (*Wellness Room*)

**Exploring Self Love Through Art:** Weekly Art as therapy activities focused on self-love. Facilitated by a VATI art therapy student. Contact Shona for information and sign-up at shona@vnfc.ca or 250-384-3211 ext. 2226. (*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:**

**2SLGBTQIA+ Youth Gathering:** Join us for a day of celebration, including special guests, workshops, lunch and more! For youth aged 12-25. For more information or to register, contact youthmail@vnfc.ca.

**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*)

**Herbal Tea Time:** Please join us after lunch to enjoy self guided time enjoying a herbal tea, grown right here at VNFC. There will be a different tea each week. Please bring your own mug if possible! Samples of tea will be available to take home. (*Community Room*)

**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 with Shima:** Join us for a class on mindfulness meditation led by Shima. Participants will learn about mindfulness, experience a guided meditation, and have any questions answered. Limited spaces. 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*)

**VNFC's 2nd Annual Community Care Fair:** Coming in March 12th, 2025! Join us for a day of health, wellness and community. Learn more about how VNFC can support your wellness journey and connect with many local services. More information coming soon!

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

**ALL SERVICES ARE FREE FOR COMMUNITY**