



Wellness and Health January 2025

Updated: January 8, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<div style="background-color: black; color: white; padding: 10px; text-align: center;"> Save the Date! Community Care Fair March 12 10am-4pm </div>	1 HAPPY NEW YEAR!! VNFC CLOSED	2 VNFC CLOSED	3 VNFC CLOSED
6 Community Acupuncture* 8:30am—3:15pm	7	8 Herbal Medicine Clinic* 12:15—3:15pm A.A 7:30—8:30pm	9 A.A 7:30—8:30pm	10 A.A 7:00—8:00pm
13 Community Acupuncture* 8:30am—3:15pm	14	15 Herbal Medicine Clinic* 12:15—3:15pm Knit and Craft Circle 1:00—2:30pm A.A 7:30—8:30pm	16 Exploring Boundaries Through Art 9:30am—12:00pm Beading Circle 5:00—7:00pm A.A 7:30—8:30pm	17 A.A 7:00—8:00pm
20 Community Acupuncture* 8:30am—3:15pm	21	22 Herbal Medicine Clinic* 12:15—3:15pm A.A 7:30—8:30pm	23 Exploring Boundaries Through Art 9:30am—12:00pm A.A 7:30—8:30pm	24 Soup Lunch 12—1pm Bingo 1:00—2:30pm A.A 7:00—8:00pm
27 Community Acupuncture* 8:30am—3:15pm	28	29 Herbal Medicine Clinic* 12:15—3:15pm Knit and Craft Circle 1:00—2:30pm A.A 7:30—8:30pm	30 Exploring Boundaries Through Art 9:30am—12:00pm Beading Circle 5:00—7:00pm A.A 7:30—8:30pm	31 Soup Lunch 12—1pm 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)

Exploring Boundaries Through Art: Weekly art as therapy activities focused on boundaries. Facilitated by art therapy students from VATI and CiiAT. 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*)

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*)

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