



Wellness and Health March 2025

Updated: February 28, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Community Acupuncture* 8:30am—3:15pm	4	5 Joint Service Day* 10:00am—4:30pm Herbal Salt Workshop 12:00—2:00pm Herbal Medicine Clinic* 12:15—3:15pm A.A 7:30—8:30pm	6 Exploring Myths and Legends Through Art* 9:30am—12:00pm A.A 7:30—8:30pm	7 Drop-in Community Art 9:30am—12:00pm Soup Lunch 12—1pm A.A 7:00—8:00pm
10 Community Acupuncture* 8:30am—3:15pm	11	12 VNFC's 2nd Annual Community Care Fair 10:00am—3:00pm A.A 7:30—8:30pm	13 Exploring Myths and Legends Through Art* 9:30am—12:00pm Beading Circle 5:00—7:00pm A.A 7:30—8:30pm	14 Drop-in Community Art 9:30am-12pm Smudge Wand Workshop 10am—12pm Soup Lunch 12—1pm Bingo 1:00—2:30pm A.A 7:00—8:00pm
17 Community Acupuncture* 8:30am—3:15pm	18 Cultural Support with Julia Atleo* 9:00am—3:00pm Mindfulness with Shima 10:00—11:00am	19 Herbal Medicine Clinic* 12:15—3:15pm A.A 7:30—8:30pm	20 Exploring Myths and Legends Through Art* 9:30am—12:00pm A.A 7:30—8:30pm	21 Drop-in Community Art 9:30am—12:00pm Soup Lunch 12—1pm A.A 7:00—8:00pm
24 Community Acupuncture* 8:30am—3:15pm	25 Cultural Support with Julia Atleo* 9:00am—3:00pm	26 Pain Relief Salve Workshop 10am—1pm Herbal Medicine Clinic* 12:15—3:15pm A.A 7:30—8:30pm	27 Exploring Myths and Legends Through Art* 9:30am—12:00pm Beading Circle 5:00—7:00pm A.A 7:30—8:30pm	28 Drop-in Community Art 9:30am—12:00pm Soup Lunch 12—1pm A.A 7:00—8:00pm
31 Community Acupuncture* 8:30am—3:15pm				

**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 with Julia Atleo: Nuu-cha-nulth Knowledge Keeper Julia Atleo will offer supportive conversation, energy work, brushings, and work with candles. By appointment 9am-12pm and drop-ins from 1-3. To make an appointment or for more information, please contact reception at 250-384-3211. (*Wellness Room*)

Exploring Myths and Legends Through Art: Weekly art as therapy focused on myths and legends. Facilitated by a VATI art therapy student. Contact Shona for information and to 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*)

Joint Service Day: We will have several outside partners offering services for community members in one convenient location. There will be snacks, beverages, and a hot lunch provided. Services offered include Status Card Clinic, Housing Application, Income Support, CRA outreach, ID clinic, Summary Advice (Legal support + Wills and Estates), and more! For more information or to book contact Cassidy (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*)

Drop-in Community Art: The Territory for the Arts will be offering quick, easy art directives for folks wanting to stop by before Soup Lunch for an Art Hit! (*Territory for the Arts*)

Herbal Salt Workshop: Join us for herbal salt making! You'll blend both culinary and medicinal herbs together to make tasty, healing and nutritious seasoning blends. This workshop will be catered with a taco bar. Spots are limited. Please email garden.support@vnfc.ca to register.

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*)

Pain Relief Salve Workshop: Join us with a guest Herbalist to make a pain relief salve - ideal for cramps and other pain. This workshop will be catered with a Mediterranean wrap bar. Spots are limited. Please email garden.support@vnfc.ca to register.

Smudge Wand Workshop: Join us to make smudge wands! We'll have herbs used by both European and Indigenous cultures. This will have catered pastries and other breakfast snacks. Spots are limited please email garden.support@vnfc.ca to register.

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: 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: Haircuts, massage, mindfulness, yoga, smudging, care for arthritis, cancer and diabetes, and much more! Hearing tests and dental cleaning are available and require an appointment and coverage. There will be door prizes! Cultural supports will be available. For more information or to book an appointment contact Scott (scott.i@vnfc.ca).

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

ALL SERVICES ARE FREE FOR COMMUNITY