



Wellness and Health April 2025

Updated: April 28, 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| | 1 | 2 Herbal Medicine Clinic* 12:15–3:15pm A.A 7:30–8:30pm | 3 Exploring Peace Through Art* 9:30am–12:00pm A.A 7:30–8:30pm | 4 Drop-in Community Art 9:30am–12:00pm Soup Lunch 12–1pm A.A 7:00–8:00pm |
| 7 Community Acupuncture* 8:30am–3:15pm | 8 Cultural Support with Julia Atleo 8:40am–12:00pm | 9 Herbal Medicine Clinic* 12:15–3:15pm A.A 7:30–8:30pm | 10 Exploring Peace Through Art* 9:30am–12:00pm Beading Circle 5:00–6:30pm A.A 7:30–8:30pm | 11 Drop-in Community Art 9:30am–12:00pm Soup Lunch 12–1pm A.A 7:00–8:00pm |
| 14 Community Acupuncture* 8:30am–3:15pm | 15 Mindfulness with Shima 10:00–11:00am | 16 Herbal Medicine Clinic* 12:15–3:15pm Knit, Bead & Craft Circle 12:30–3:00pm A.A 7:30–8:30pm | 17 Exploring Peace Through Art* 9:30am–12:00pm CheckingIn Wellness App Demo 10:30–11:30am Honour Your Health Challenge: Roots and Recipies* 12-1:30pm A.A 7:30–8:30pm | 18 Good Friday VNFC Closed |
| 21 Easter Monday VNFC Closed | 22 | 23 Bingo 1:30–2:30pm A.A 7:30–8:30pm | 24 Exploring Peace Through Art* 9:30am–12:00pm Honour Your Health Challenge: Roots and Recipies* 12-1:30pm A.A 7:30–8:30pm | 25 Drop-in Community Art 9:30am–12:00pm Soup Lunch 12–1pm A.A 7:00–8:00pm |
| 28 | 29 Cultural Support with John Rice 9:30am–3:30pm | 30 A.A 7:30–8:30pm |  |  |

*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 John Rice: John Rice will offer cedar brushings. By appointment 9:30am-12pm and drop-ins from 1-3. To make an appointment or for more information, please contact reception at 250-384-3211. (*Therapeutic 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 8:40am-12pm. To make an appointment or for more information, please contact reception at 250-384-3211. (*Therapeutic Room*)

Exploring Peace Through Art: Weekly art as therapy focused on peace. 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*)

Honour Your Health Challenge - Roots and Recipes: A series of guest conversations over lunch that look at our relationship with foods. The conversations will be focused on finding small manageable changes in perspective that might have lasting impacts. Lunch Provided. Drop-ins welcome! (*Sunroom*)

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. (*Amphitheatre; Zoom Meeting*)

CheckingIn Wellness App Demo: Join us for a virtual demonstration of the CheckingIn Wellness App; designed with local communities to be a space to connect from anywhere with your cultural ways of being, teachings, and healing practices. (*Boardroom*)

Drop-in Community Art: Art Therapy Practicum students are offering quick, easy and fun art directives for folks wanting to stop by before Soup Lunch to satisfy that art craving! (*Territory for the Arts*)

Knit, Bead and Craft Circle: You're welcome to come and work on your own projects, use the elders' supplies to 'make one-take one', or one of the planned projects. If you have any questions or want to RSVP please email Ash (culture@vnfc.ca). (*Boardroom 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*)

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

ALL SERVICES ARE FREE FOR COMMUNITY