






Wellness and Health June 2025

Updated: May 30, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2 Community Acupuncture* 8:30am—3:15pm	3	4 Herbal Medicine Clinic* 12:15-3:15pm A.A 7:30—8:30pm	5 Honour Your Health: Roots and Recipies—Closing Circle 12:00-1:30pm Exploring Self Through Art* 9:30am—12:00pm Beading Circle 4:30—6:30pm A.A 7:30—8:30pm	6 Community Massage* 8:45—11:45am Drop-in Art 9:30am—12pm VSAC: Indigenous Counsellor 10am—12pm Soup Lunch 12—1pm A.A 7:00—8:00pm
9 Community Acupuncture* 8:30am—3:15pm	10 Mindfulness with Shima 10:00-11:00am	11 Herbal Medicine Clinic* 12:15-3:15pm A.A 7:30—8:30pm	12 Exploring Self Through Art* 9:30am—12:00pm A.A 7:30—8:30pm	13 Community Massage* 8:45—11:45am Drop-in Art 9:30am—12pm VSAC: Indigenous Counsellor 10am—12pm Soup Lunch 12—1pm A.A 7:00—8:00pm
16 Community Acupuncture* 8:30am—3:15pm	17	18 Herbal Medicine Clinic* 12:15-3:15pm A.A 7:30—8:30pm	19 Exploring Self Through Art* 9:30am—12:00pm A.A 7:30—8:30pm	20 National Indigenous Peoples Day See Below** Community Massage* 8:45—11:45am Drop-in Community Art 9:30am—12:00pm Soup Lunch 12—1pm A.A 7:00—8:00pm
23	24 Info Session: Daily Dose Society 10:00—11:30am	25 A.A 7:30—8:30pm	26 Exploring Self Through Art* 9:30am—12:00pm A.A 7:30—8:30pm	27 Community Massage* 8:45—11:45am Drop-in Community Art 9:30am—12:00pm Soup Lunch 12—1pm A.A 7:00—8:00pm
30 Community Acupuncture* 8:30am—3:15pm				**National Indigenous Peoples Day NIPD at Royal Roads University 10:00—3:00pm Events at VNFC: Jam Making Workshop 10—12pm Medicine Bag Workshop 1:30—3:00pm

**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*)

Community Massage: Students from West Coast College of Massage Therapy provide 50-minute massages. Contact reception to book an appointment. (*Wellness Room*)

Exploring Self Through Art: Weekly art as therapy focused on self exploration. Facilitated by a VATI art therapy student. 6 spaces available. 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. 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*)

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*)

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*)

Info Session: Daily Dose Society: Join us and special guests from the Daily Dose Society to learn about the supports and services they offer to the community. Visit <https://www.thedailydosesociety.org> to learn more about them. Light refreshments provided. Email scott.i@vnfc.ca to sign up. (*Boardroom*)

National Indigenous Peoples Day at Royal Roads: A warm invitation for a day of fun and community relations on the traditional Lands of the Lekwungen Peoples, the Songhees and Esquimalt Nations. Everyone is welcome, and admission is free. Visit <https://www.royalroads.ca/NIPD2025> for more information. (*Royal Roads University, 2005 Sooke Road, Colwood*)

National Indigenous Peoples Day at VNFC: Come join our garden team for a day of learning and connecting with the land to celebrate National Indigenous Peoples Day. Workshops in the morning and afternoon. Come to one or both:

Jam Making and Canning Workshop: Come and join us and special guests from the Compost Education Centre to learn to make and can jam. Each participant will come away with canning knowledge, and their own jar of jam! Email gardensupport@vnfc.ca for more information or to sign up.

Medicine Bag Workshop: Come visit with an Elder and make a medicine bag under the gazebo in the garden. Email gardensupport@vnfc.ca for more information or to sign up. (*Garden*)

Soup Lunch: Weekly community lunch. All are welcome, so bring a friend. Free to attend and no registration required. (*Gym*)

VSAC—Indigenous Counsellor: Victoria Sexual Assault Centre's (VSAC) new Indigenous counsellor, Michelle Gregoire, will be here to meet with community. Drop-ins welcome. (*Therapeutic Room*)

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

ALL SERVICES ARE FREE FOR COMMUNITY