



# Wellness and Health May 2025

Updated: May 5, 2025

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
|   |  |  | <b>1</b><br>Honour Your Health: Roots and Recipies—Judith: Diabetes Nurse 12:00–1:30pm<br>Exploring Joy Through Art* 9:30am–12:00pm<br>Beading Circle 4:30–6:30pm<br>A.A 7:30–8:30pm                                  | <b>2</b><br>Drop-in Community Art 9:30am–12:00pm<br>Soup Lunch 12–1pm<br>A.A 7:00–8:00pm                                     |
| <b>5</b><br>Community Acupuncture* 10:00am–3:15pm<br>Our Women are Sacred Walk 10:00am–1:00pm | <b>6</b><br>Honour Your Health: Roots and Recipes Shima: Mindfulness* 12:00–1:30pm | <b>7</b><br>Herbal Medicine Clinic* 1:45–3:15pm<br>A.A 7:30–8:30pm                                 | <b>8</b><br>Exploring Joy Through Art* 9:30am–12:00pm<br>A.A 7:30–8:30pm  | <b>9</b><br>Community Massage* 8:45–11:45am<br>Drop-in Community Art 9:30am–12:00pm<br>Soup Lunch 12–1pm<br>A.A 7:00–8:00pm  |
| <b>12</b><br>Community Acupuncture* 8:30am–3:15pm   | <b>13</b><br>Cultural Support with Mark Atleo* 9:00am–3:00pm                       | <b>14</b><br>Herbal Medicine Clinic* 12:15–3:15pm<br>Beading Circle 1:00–3:00pm<br>A.A 7:30–8:30pm | <b>15</b><br>Exploring Joy Through Art* 9:30am–12:00pm<br>Container Gardening Workshop 10am–12pm<br>Honour Your Health: Roots and Recipies—Amanda: Nutritionist* 12:00–1:30pm<br>Bingo 1:30–2:30pm<br>A.A 7:30–8:30pm | <b>16</b><br>Community Massage* 8:45–11:45am<br>Drop-in Community Art 9:30am–12:00pm<br>Soup Lunch 12–1pm<br>A.A 7:00–8:00pm |
| <b>19</b><br>Victoria Day<br>VNFC CLOSED  | <b>20</b><br>Mindfulness with Shima 10:00–11:00am                                  | <b>21</b><br>Herbal Medicine Clinic* 12:15–3:15pm<br>A.A 7:30–8:30pm                               | <b>22</b><br>Exploring Joy Through Art* 9:30am–12:00pm<br>Honour Your Health: Roots and Recipies—Tricia: Arthritis Nurse 12:00–1:30pm<br>A.A 7:30–8:30pm  | <b>23</b><br>Community Massage* 8:45–11:45am<br>Drop-in Community Art 9:30am–12:00pm<br>Soup Lunch 12–1pm<br>A.A 7:00–8:00pm |
| <b>26</b><br>Community Acupuncture* 8:30am–3:15pm   | <b>27</b><br>Cultural Support with John Rice* 9:30am–3:30pm                        | <b>28</b><br>Herbal Medicine Clinic* 12:15–3:15pm<br>A.A 7:30–8:30pm                               | <b>29</b><br>Exploring Joy Through Art* 9:30am–12:00pm<br>Honour Your Health: Roots and Recipies—Beangka: Rethink Your Drink 12:00–1:30pm<br>A.A 7:30–8:30pm  | <b>30</b><br>Community Massage* 8:45–11:45am<br>Drop-in Community Art 9:30am–12:00pm<br>Soup Lunch 12–1pm<br>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*)

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

**Cultural Support:** Mark Atleo (13th) and John Rice (27th) will be here to provide brushings and healing prayers/song. Sign up with Isobel (isobel.d@vnfc.ca).

**Exploring Joy Through Art:** Weekly art as therapy focused on joy. 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. Special guests each week! Lunch Provided. Drop-ins welcome! (*Sunroom*)

**1st:** Judith Atkins—Island Health Diabetes Nurse

**6th:** Shima Hashemian—Mindfulness Instructor

**15th:** Amanda Henry—Island Health Nutritionist

**22nd:** Tricia Orme—Mary Pack Arthritis Society Nurse

**29th:** Beangka Elliott—Indigenous Sport, Physical Activity and Recreation Council (ISPARC): Rethink Your Drink

### 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*)

**Container Gardening Workshop:** Come to the VNFC Garden for a hands-on learning experience from the folks from the Compost Education Center. They'll teach us all about container gardening & you'll get to walk away with your very own garden in a pot! Snacks & refreshments will be provided. (*Garden*)

**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*)

**Our Women are Sacred Walk:** In partnership with sister organizations and the local host nations, Songhees and Esquimalt, we invite you to participate in this year's Our Women Are Sacred Walk. A day of reflection, remembrance, and uplifting of our people and communities. For more information please visit: <https://surroundedbycedar.com/our-women-are-sacred-walk-2025/>

**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**