



# Wellness and Health August 2025

Updated: July 30, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>Soup Lunch 12–1pm</b> <b>VSAC: Indigenous Counsellor* 1–3pm</b> <b>A.A 7:00–8:00pm</b>
<b>4</b> <b>VNFC CLOSED</b>	<b>5</b> <b>Beading Circle</b> <b>1:00–3:00pm</b>	<b>6</b> <b>Open Garden</b> <b>10:00am–12:00pm</b> <b>Herbal Medicine Clinic*</b> <b>12:15-3:15pm</b> <b>A.A 7:30–8:30pm</b>	<b>7</b> <b>Exploring Play Through Art*</b> <b>9:30am–12:00pm</b> <b>A.A 7:30–8:30pm</b>	<b>8</b> <b>Soup Lunch 12–1pm</b> <b>VSAC: Indigenous Counsellor* 1–3pm</b> <b>A.A 7:00–8:00pm</b>
<b>11</b>	<b>12</b> <b>Cultural Support with Mark Atleo*</b> <b>9:00am–3:00pm</b>	<b>13</b> <b>Open Garden</b> <b>10:00am–12:00pm</b> <b>Herbal Medicine Clinic*</b> <b>12:15-3:15pm</b> <b>A.A 7:30–8:30pm</b>	<b>14</b> <b>Exploring Play Through Art*</b> <b>9:30am–12:00pm</b> <b>Info Session: FNHA Benefits*</b> <b>1:30–3:00pm</b> <b>A.A 7:30–8:30pm</b>	<b>15</b> <b>VSAC: Indigenous Counsellor* 1–3pm</b> <b>A.A 7:00–8:00pm</b>
<b>18</b>	<b>19</b> <b>Mindfulness with Shima</b> <b>10:00-11:00am</b>	<b>20</b>  <b>A.A 7:30–8:30pm</b>	<b>21</b> <b>Exploring Play Through Art*</b> <b>9:30am–12:00pm</b> <b>Info Session: Wills and Estates*</b> <b>1:00–3:00pm</b> <b>Beading Circle 4–6pm</b> <b>A.A 7:30–8:30pm</b>	<b>22</b>  <b>A.A 7:00–8:00pm</b>
<b>25</b>	<b>26</b>	<b>27</b> <b>Overdose Awareness Day</b> <b>1:00-3:00pm</b>  <b>A.A 7:30–8:30pm</b>	<b>28</b> <b>Exploring Play Through Art*</b> <b>9:30am–12:00pm</b>  <b>A.A 7:30–8:30pm</b>	<b>29</b>  <b>A.A 7:00–8:00pm</b>

*\*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 with Mark Atleo:** Mark Atleo will be here to provide brushings and healing prayers/song. 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. (*Therapeutic Room*)

**Exploring Play Through Art:** Weekly art as therapy activities focused on exploring play. Facilitated by art therapy students. 6 spaces available. Contact Shona for more information or 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*)

**Info Session—FNHA Benefits:** Join us and a special guest from First Nations Health Authority (FNHA) Benefits to learn more about your health coverage and how to access your benefits. Light snacks and refreshments provided. Email scott.i@vnfc.ca to sign up or if you have any questions. (*Boardroom*)

**Info Session—Wills and Estates:** Join us and a staff lawyer from Woodward and Company to learn all the ins and outs of making a will. Limited space. Please register with Cindy (languagehelper@vnfc.ca). (*Boardroom*)

**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*)

### **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*)

**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*)

**Open Garden:** Join us in the garden for light refreshments, tours upon request, and time in the garden. Feel welcome to bring a craft or meditative practice for independent garden time. (*Garden*)

**Overdose Awareness Day:** In honour of International Overdose Awareness Day, VNFC has partnered with Moms Stop the Harm to host a drop in space with refreshments, cultural support, and art activities. Art making will include purple ribbons, cedar roses or weaving, and wool – all to help us remember loved ones lost to the toxic drug crisis. (*Amphitheatre*)

**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**