



Wellness and Health July 2025

Updated: July 2, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Closed Art Therapy Studio for Women 9:30am—12:00pm Herbal Medicine Clinic* 12:15-3:15pm Beading in the Garden 1:00-3:30pm A.A 7:30—8:30pm	3 A.A 7:30—8:30pm	4 Drop-in Community Art 9:30am—12:00pm Soup Lunch 12—1pm VSAC: Indigenous Counsellor 1—3pm A.A 7:00—8:00pm
7	8 Beading Circle 1:00—3:00pm	9 Closed Art Therapy Studio for Women 9:30am—12:00pm Herbal Medicine Clinic* 12:15-3:15pm A.A 7:30—8:30pm	10 A.A 7:30—8:30pm	11 Community Massage* 8:45—11:45am Drop-in Community Art 9:30am—12:00pm Soup Lunch 12—1pm VSAC: Indigenous Counsellor 1—3pm A.A 7:00—8:00pm
14 Info Session: BC Epilepsy Society 1:30-3:00pm	15	16 Herbal Medicine Clinic* 12:15-3:15pm A.A 7:30—8:30pm	17 A.A 7:30—8:30pm	18 Community Massage* 8:45—11:45am Soup Lunch 12—1pm VSAC: Indigenous Counsellor 1—3pm A.A 7:00—8:00pm
21 Cultural Support with John Rice 9:00am—3:00pm	22 Mindfulness with Shima 10:00-11:00am	23 Herbal Medicine Clinic* 12:15-3:15pm Beading Circle 1—3pm A.A 7:30—8:30pm	24 A.A 7:30—8:30pm	25 Community Massage* 8:45—11:45am Soup Lunch 12—1pm VSAC: Indigenous Counsellor 1—3pm A.A 7:00—8:00pm
28	29	30 Herbal Medicine Clinic* 12:15-3:15pm A.A 7:30—8:30pm	31 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:

Beading in the Garden: Join us in the garden for an afternoon of guided beading! This workshop will be lead by Billy Parrell! Billy is a talented Two-Spirit Métis artist, practicing & teaching traditional fiber arts. Capacity for 5 to attend. Please self-identify & register with gardensupport@vnfc.ca (*Garden*)

Closed Art Therapy Studio for Women: This is a weekly closed Phenomenological Art Therapy processing group for Women. Art materials are provided and no art experience is necessary. If you are interested in knowing more about this therapeutic experience, please contact Shona at 250-384-3211 ext. 2226 or by email at shona@vnfc.ca. (*Amphitheatre*)

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 John Rice: John Rice will be here to provide brushings. 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*)

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*)

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*)

Drop-in Community Art: Art Therapy Practicum students are offering quick, easy and fun art directives for folks wanting to stop by 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: BC Epilepsy Society: Join us and special guests from the BC Epilepsy Society to learn epilepsy awareness, how to recognize the different types of seizures, the general guidelines of seizure first aid, and some of the safety considerations involved with epilepsy. Light snacks and refreshments provided. Email scott.i@vnfc.ca to sign up or if you have any questions. Drop-ins welcome! (*Boardroom*)

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