



Wellness and Health October 2025

Updated: September 26, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Herbal Medicine Clinic* 12:15-3:15pm A.A 7:30—8:30pm	2 Welcoming the Changing Season Through Art* 9:30am—12:00pm Beading Circle 4:30—6:30pm A.A 7:30—8:30pm	3 Community Massage* 8:45-11:45am Drop-in Community Art 9:30am—12:00pm VSAC: Indigenous Counsellor* 1—3pm A.A 7:00—8:00pm
6 Community Acupuncture* 8:30am—3:15pm	7	8 Herbal Medicine Clinic* 12:15-3:15pm A.A 7:30—8:30pm	9 Welcoming the Changing Season Through Art* 9:30am—12:00pm Info Session: Island Deaf and Hard of Hearing Centre 1:30-3:00pm A.A 7:30—8:30pm	10 Drop-in Community Art 9:30am—12:00pm VSAC: Indigenous Counsellor* 1—3pm A.A 7:00—8:00pm
13 THANKSGIVING VNFC CLOSED	14	15 Canning Workshop 10:00am-12:00pm Beading Circle 1:00—3:00pm A.A 7:30—8:30pm	16 Welcoming the Changing Season Through Art* 9:30am—12:00pm Bingo! 1:30-2:30pm A.A 7:30—8:30pm	17 Community Massage* 8:45-11:45am Drop-in Community Art 9:30am—12:00pm VSAC: Indigenous Counsellor* 1—3pm A.A 7:00—8:00pm
20 Community Acupuncture* 8:30am—3:15pm	21 Mindfulness with Shima 10:00-11:00am	22 Herbal Medicine Clinic* 12:15-3:15pm A.A 7:30—8:30pm	23 Welcoming the Changing Season Through Art* 9:30am—12:00pm A.A 7:30—8:30pm	24 Community Massage* 8:45-11:45am Drop-in Community Art 9:30am—12:00pm VSAC: Indigenous Counsellor* 1—3pm A.A 7:00—8:00pm
27 Community Acupuncture* 8:30am—3:15pm	28	29 Herbal Medicine Clinic* 12:15-3:15pm A.A 7:30—8:30pm	30 Cultural Support 9:00am-3:00pm Welcoming the Changing Season Through Art* 9:30am—12:00pm A.A 7:30—8:30pm	31 Community Massage* 8:45-11:45am Drop-in Community Art 9:30am—12:00pm VSAC: Indigenous Counsellor* 1—3pm 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: 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*)

Welcoming Movement into the Changing Season Through Art—"See Where it Falls": Weekly art as therapy activities focused on exploring transition and change. Facilitated by art therapy students. 6 spaces available. Contact Shona for more information or to register: 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*)

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*)

Bingo!: Everyone welcome to join Elders & Seniors for bingo by zoom, or in person. We have great prizes! Pick up your bingo cards at VNFC and email culture@vnfc.ca for zoom info. (*Gym; Zoom Meeting*)

Canning Workshop: The garden team will be hosting the Compost Education Centre for a canning workshop! Want to Do-It-Yourself and make your own berry jam to enjoy in the dark days of winter? In this workshop we will talk about the basics of safe produce preservation using the hot water bath method of preservation. You'll get to taste some yummy home canned goodies, and we'll make a batch of home canned jam together. To attend, please RSVP to gardensupport@vnfc.ca (*Sun room*)

Drop-in Community Art: Art Therapy Practicum students are offering quick, easy and fun art directives for folks wanting to stop to get creative and make art! No art experience necessary. For info contact shona@vnfc.ca. (*Territory for the Arts*)

Info Session—Island Deaf and Hard of Hearing Centre: Join us to learn more about the supports and services available from IDHHC, as well as best practices when interacting with individuals who are deaf or hard of hearing. Light refreshments provided. Drop-ins welcome! (*VNFC Boardroom*)

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