



# Wellness and Health November 2025

Updated: October 31, 2025

| Monday                                                                 | Tuesday                                                                | Wednesday                                                                                                                                               | Thursday                                                                                                                                                                                                                                      | Friday                                                                                                                                                                                                                                                                                  |
|------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br><br><b>Community Acupuncture*</b><br><b>8:30am—3:15pm</b>  | <b>4</b><br><br>                                                       | <b>5</b><br><br><b>Herbal Medicine Clinic*</b><br><b>12:15-3:15pm</b><br><br><b>A.A 7:30—8:30pm</b>                                                     | <b>6</b><br><br><b>Exploring the New and the Unusual Through Art*</b><br><b>9:30am—12:00pm</b><br><br><b>A.A 7:30—8:30pm</b>                                                                                                                  | <b>7</b> <b>Community Massage*</b><br><b>8:45-11:45am</b><br><b>Drop-in Community Art</b><br><b>9:30am—12:00pm</b><br><b>Soup Lunch 12—1pm</b><br><b>VSAC: Indigenous Counsellor* 1—3pm</b><br><b>A.A 7:00—8:00pm</b>                                                                   |
| <b>10</b><br><br><b>Community Acupuncture*</b><br><b>8:30am—3:15pm</b> | <b>11</b><br><br><b>REMEMBRANCE DAY</b><br><br><b>VNFC CLOSED</b>      | <b>12</b><br><br><b>Beading Circle</b><br><b>10:30am—12:00pm</b><br><b>Herbal Medicine Clinic*</b><br><b>12:15-3:15pm</b><br><br><b>A.A 7:30—8:30pm</b> | <b>13</b> <b>Exploring the New and the Unusual Through Art*</b><br><b>9:30am—12:00pm</b><br><b>Cultural Support* 9am-3pm</b><br><b>Smudge Wand Workshop*</b><br><b>10:00am—12:00pm</b><br><b>Bingo! 1:30-2:30pm</b><br><b>A.A 7:30—8:30pm</b> | <b>14</b> <b>Community Massage*</b><br><b>8:45-11:45am</b><br><b>Drop-in Community Art</b><br><b>9:30am—12:00pm</b><br><b>Soup Lunch 12—1pm</b><br><b>VSAC: Indigenous Counsellor* 1—3pm</b><br><b>A.A 7:00—8:00pm</b>                                                                  |
| <b>17</b><br><br><b>Community Acupuncture*</b><br><b>8:30am—3:15pm</b> | <b>18</b><br><br><b>Mindfulness with Shima</b><br><b>10:00-11:00am</b> | <b>19</b><br><br><b>Herbal Medicine Clinic*</b><br><b>12:15-3:15pm</b><br><b>Beading Circle</b><br><b>4:30—6:30pm</b><br><br><b>A.A 7:30—8:30pm</b>     | <b>20</b><br><br><b>Exploring the New and the Unusual Through Art*</b><br><b>9:30am—12:00pm</b><br><br><b>A.A 7:30—8:30pm</b>                                                                                                                 | <b>21</b> <b>Community Massage*</b><br><b>8:45-11:45am</b><br><b>Drop-in Community Art</b><br><b>9:30am—12:00pm</b><br><b>Soup Lunch 12—1pm</b><br><b>Info Session: Mental Health Recovery Partners 1:15—3pm</b><br><b>VSAC: Indigenous Counsellor* 1—3pm</b><br><b>A.A 7:00—8:00pm</b> |
| <b>24</b><br><br><b>Community Acupuncture*</b><br><b>8:30am—3:15pm</b> | <b>25</b><br><br>                                                      | <b>26</b><br><br><b>Herbal Medicine Clinic*</b><br><b>12:15-3:15pm</b><br><br><b>A.A 7:30—8:30pm</b>                                                    | <b>27</b><br><br><b>Exploring the New and the Unusual Through Art*</b><br><b>9:30am—12:00pm</b><br><br><b>A.A 7:30—8:30pm</b>                                                                                                                 | <b>28</b> <b>Community Massage*</b><br><b>8:45-11:45am</b><br><b>Drop-in Community Art</b><br><b>9:30am—12:00pm</b><br><b>Soup Lunch 12—1pm</b><br><b>VSAC: Indigenous Counsellor* 1—3pm</b><br><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:** 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*)

**"Novel November"—Exploring the New and the Unusual Through Art:** Weekly art as therapy activities focused on inviting new and unique processes. Facilitated by art therapy practicum 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*)

**Smudge Wand Workshop:** Come build a medicine bundle to help you through the winter. All materials and medicines provided. This is a drop-in event. Please arrive anywhere between 10:00 and 11:30am. (*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*)

**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*)

**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—Mental Health Recovery Partners South Island (MHRP SI):** Join us and guests from MHRP SI to learn all about the programs and services they provide for people with mental illness and mental health challenges, with or without substance use, and regardless of their diagnosis. They also offer a variety of services for family members and friends supporting their loved ones. Email scott.i@vnfc.ca to register. Drop-ins welcome! (*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*)

**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**