



# Wellness and Health December 2025

Updated: November 28, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Community Acupuncture*</b> <b>8:30am—3:15pm</b>	<b>2</b> <b>Cultural Support*</b> <b>9:00am—3:00pm</b>	<b>3</b> <b>Herbal Medicine Clinic*</b> <b>12:15—3:15pm</b> <b>A.A 7:30—8:30pm</b>	<b>4</b> <b>Let It Flow: Art as Therapy*</b> <b>9:30am—12:00pm</b> <b>Winter Artisan Holiday Market</b> <b>12:00—6:30pm</b> <b>A.A 7:30—8:30pm</b>	<b>5</b> <b>Community Massage*</b> <b>8:45—11:45am</b> <b>Drop-in Community Art</b> <b>9:30am—12:00pm</b> <b>Soup Lunch 12:00—1:00pm</b> <b>Winter Artisan Holiday Market</b> <b>12:00—6:30pm</b> <b>VSAC: Indigenous Counsellor* 1:00—3:00pm</b> <b>A.A 7:00—8:00pm</b>
<b>8</b> <b>Community Acupuncture*</b> <b>8:30am—3:15pm</b>	<b>9</b> <b>Cultural Support*</b> <b>9:00am—12:00pm</b> <b>Sweet and Salty Winter Workshop</b> <b>10:00am—1:40pm</b>	<b>10</b> <b>Herbal Medicine Clinic*</b> <b>12:15—3:15pm</b> <b>A.A 7:30—8:30pm</b>	<b>11</b> <b>Cultural Support*</b> <b>9:00am—4:00pm</b> <b>Let It Flow*</b> <b>9:30am—12:00pm</b> <b>Status Card Clinic*10am-2pm</b> <b>Beading Circle</b> <b>10:30am—12:00pm</b> <b>A.A 7:30—8:30pm</b>	<b>12</b> <b>Community Massage*</b> <b>8:45—11:45am</b> <b>Drop-in Community Art</b> <b>9:30am—12:00pm</b> <b>Soup Lunch 12:00—1:00pm</b> <b>Bingo! 1:30—3:00pm</b> <b>VSAC: Indigenous Counsellor* 1:00—3:00pm</b> <b>A.A 7:00—8:00pm</b>
<b>15</b> <b>Community Acupuncture*</b> <b>8:30am—3:15pm</b>	<b>16</b> <b>Mindfulness with Shima</b> <b>10:00—11:00am</b>	<b>17</b> <b>Two-Spirit and Indigiqueer Days</b> <b>1:00—3:00pm</b> <b>A.A 7:30—8:30pm</b>	<b>18</b> <b>Let It Flow: Art as Therapy*</b> <b>9:30am—12:00pm</b> <b>A.A 7:30—8:30pm</b>	<b>19</b> <b>VNFC CLOSED FOR WINTER BREAK</b>  <b>RE-OPENING JANUARY 5th!</b>

## Happy Holidays from your VNFC family!

čaxtakuk'wic k<sup>w</sup>ismis (**nuučaanuł**) miyo manitowi esikansi (**Cree**) Tonpi Anpetu Can̄te-wašte (**Dakota**) Dzınedhé Nuwexél Hq̄z̄ Húdhër Nı́dé (**Dëne Sùhné**) Hisgusgitxwsim Ha'niisgats Christ gankl Ama Sii K'uuhl! (**Gitxsan**) Xristos Khuwdziti kax sh kaxtoolxetl (**Tlingit**) Mina Niibaanamaang OR Minobii niibaa anami'e giizhigad (**Anishinaabe**) Kwahón:wes akwé:kon (**Mohawk**)

\*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:** Sky Bellefleur and Shirley Alphonse will be here to provide cultural support. By appointment only. To book a spot or for more information, please contact reception at 250-384-3211. (*Therapeutic Room/Wellness Room*)

**Let It Flow—Art as Therapy:** Weekly art as therapy activities focused on exploring self-care and finding your flow state during an overwhelming season. 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*)

**Status Card Clinic:** Apply or renew your status card with a trusted source. By appointment only. Call reception to book a spot. Please bring valid ID. Your Trusted Source is able to take your photograph. Please email Raven Hartley with any questions: raven.h@vnfc.ca (*Gym*)

**Two-Spirit and Indigiqueer Days:** Bring Your Own Craft Day! Drop-in between 1-3pm to work on your project in community with others. We will have materials for beading if you don't have a craft you'd like to bring. We'll also have tea & snacks to share. (*Sunroom*)

**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!:** Elders & Seniors (60+) 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*)

**Indigenous Holiday Artisan Market:** We will be hosting over 50 Indigenous artisans throughout the Centre, ranging from silver carvers, wood carvers, prints, beadwork, knitting, and more! No ATM on site. Parking at Hampton Field.

**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*)

**Sweet and Salty Winter Workshop:** Join us in making gifts for someone you love and yourself! We'll have supplies for sugary lip scrubs, decadent seasoning salts and soothing bath salts. To attend please RSVP to gardensupport@vnfc.ca for one of the following timeslots: 10:00-10:40am, 11:00-11:40am, and 1:00-1:40pm. (*Gym*)

**Alcoholics Anonymous:** Weekly Meetings. All are welcome. (*Amphitheatre*)

**ALL SERVICES ARE FREE FOR COMMUNITY**