



Wellness and Health February 2026

Updated: January 30, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Community Acupuncture* 12:45-3:15pm	3 Breakfast Club: Mindfulness Meditation* 10:00am-12:00pm Community Massage* 2:30-4:30pm	4 Herbal Medicine Clinic* 1:45-3:15pm A.A 7:30-8:30pm	5 Community Massage* 8:45am-12:45pm Hello Me! Art as Therapy* 9:30am-12:00pm Beading Circle 10:30am-12:30pm A.A 7:30-8:30pm	6 Drop-in Community Art 9:30am-12:00pm VSAC: Indigenous Counsellor* 10:00am-12:00pm Soup Lunch 12:00-1:00pm A.A 7:30-8:30pm
9 Community Acupuncture* 12:45-3:15pm	10 Breakfast Club: Nutrition Talks* 10:00am-12:00pm Community Massage* 2:30-4:30pm	11 2SLGBTQIA+ Youth Gathering 9:00am-3:00pm A.A 7:30-8:30pm	12 Community Massage* 8:45am-12:45pm Hello Me! Art as Therapy* 9:30am-12:00pm A.A 7:30-8:30pm	13 Drop-in Community Art 9:30am-12:00pm Haircuts and Braids* 10am-3pm Dance Your Ability 10:30-11:30am VSAC: Indigenous Counsellor* 10:00am-12:00pm Soup Lunch 12:00-1:00pm A.A 7:30-8:30pm
16	17 Breakfast Club: Diabetes Awareness* 10:00am-12:00pm	18 A.A 7:30-8:30pm	19 Community Massage* 8:45am-12:45pm Hello Me! Art as Therapy* 9:30am-12:00pm A.A 7:30-8:30pm	20 Drop-in Community Art 9:30am-12:00pm VSAC: Indigenous Counsellor* 10:00am-12:00pm Soup Lunch 12:00-1:00pm A.A 7:30-8:30pm
23 Community Acupuncture* 12:45-3:15pm	24 Breakfast Club: Chair Yoga* 10:00am-12:00pm	25 Herbal Medicine Clinic* 1:45-3:15pm Beading Circle 4:30-6:30pm A.A 7:30-8:30pm	26 Community Massage* 8:45am-12:45pm Hello Me! Art as Therapy* 9:30am-12:00pm Tea Blending Workshop 10:00am-12:00pm A.A 7:30-8:30pm	27 Cultural Support 9am-3pm Drop-in Community Art 9:30am-12:00pm VSAC: Indigenous Counsellor* 10:00am-12:00pm Soup Lunch 12:00-1:00pm Community Smudge 1:30-2:30pm 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





For Indigenous Community Members:

Breakfast Club: Join us Tuesdays in February & March 10:00am-12:00pm for this year's Honour Your Health Challenge in collaboration with ISPARC. We will be sharing a light breakfast followed by a different activity each week. Please rsvp to GardenSupport@vnfc.ca and reach out with any allergy concerns. (*Sunroom*)

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 Camosun College (Tuesdays) and The West Coast College of Massage Therapy (Thursdays) provide free massages to community members. Contact reception to book an appointment. (*Wellness Room*)

Cultural Support: Shirley Alphonse and Mark Atleo will be here to provide cultural support. By appointment 9am-12pm and drop-ins from 1-3pm. To make an appointment or for more information, please contact reception at 250-384-3211. (*Therapeutic Room*)

Haircuts and Braids: Jessie and Tana will be here offering free haircuts and braiding. Drop-ins welcome! (*Boardroom*)

Hello Me!—Art as Therapy: Weekly art as therapy activities based on self exploration. 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*)

Everyone Welcome:

2SLGBTQIA+ Youth Gathering: Join us for a day of celebration, including special guests, workshops, lunch and more! For youth aged 12-25. For more information or to register, contact youthmail@vnfc.ca.

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*)

Community Smudge: Join us after soup lunch for smudging. Everyone is welcome. Medicines provided. Reach out to gardensupport@vnfc.ca for details. (*Garden*)

Dance Your Ability: Join Dance Your Ability facilitators for a space dedicated to dance! A chance to move your body, connect with others, build community and to find pathways to healing. Everyone is welcome, no matter your circumstance or ability. Email scott.i@vnfc.ca to register or if you have any questions. Drop-ins welcome! (*Amphitheatre*)

Tea Blending Workshop: Come learn to make some of our favourite herbal tea blends using herbs grown here in the VNFC Garden! RSVP to gardensupport@vnfc.ca (*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