



Wellness and Health January 2026

Updated: January 9, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Happy New Year! VNFC CLOSED	2 VNFC CLOSED
5 Community Acupuncture* 12:45-3:15pm	6 Community Massage* 2:30-4:30pm	7 Herbal Medicine Clinic* 1:45—3:15pm A.A 7:30—8:30pm	8 Community Massage* 8:45am-12:45pm Wild About the Arts: Art as Therapy* 9:30am-12:00pm A.A 7:30-8:30pm	9 Drop-in Community Art 9:30am-12:00pm VSAC: Indigenous Counsellor* 10am-12pm A.A 7:30-8:30pm
12 Community Acupuncture* 8:30am-3:15pm Dance Your Ability 2:30-3:30pm	13 Mindfulness Meditation 10:00-11:00am Community Massage* 2:30-4:30pm	14 Herbal Medicine Clinic* 12:15—3:15pm A.A 7:30-8:30pm	15 Community Massage* 8:45am-12:45pm Wild About the Arts: Art as Therapy* 9:30am-12:00pm A.A 7:30-8:30pm	16 Cultural Support 9:00am-3:00pm Drop-in Community Art 9:30am-12:00pm VSAC: Indigenous Counsellor* 10:00am-12:00pm Soup Lunch 12:00-1:00pm Two-Spirit and Indigiqueer Days* 1:00-3:00pm A.A 7:30-8:30pm
19 Community Acupuncture* 8:30am-3:15pm	20 Community Massage* 2:30-4:30pm	21 Herbal Medicine Clinic* 12:15—3:15pm A.A 7:30-8:30pm	22 Community Massage* 8:45am-12:45pm Wild About the Arts: Art as Therapy* 9:30am-12:00pm Info Session: Alzheimer Society of B.C. 1:30-3:00pm A.A 7:30-8:30pm	23 Drop-in Community Art 9:30am-12:00pm VSAC: Indigenous Counsellor* 10:00am-12:00pm Dance Your Ability 10:30-11:30am Let's Talk Day 12-3pm Soup Lunch 12:00-1:00pm Community Smudge* 1:30-2:30pm A.A 7:30-8:30pm
26 Community Acupuncture* 8:30am-3:15pm	27 Community Massage* 2:30-4:30pm	28 Herbal Medicine Clinic* 12:15—3:15pm Beading Circle 4:30-6:30pm A.A 7:30-8:30pm	29 Community Massage* 8:45am-12:45pm Wild About the Arts: Art as Therapy* 9:30am-12:00pm A.A 7:30-8:30pm	30 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

*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:

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*)

Community Smudge: Let's welcome the new year together. (*Garden*)

Cultural Support: John Rice 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*)

Wild About the Arts—Art as Therapy: Weekly art as therapy activities focused on exploring wild spaces. 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*)

Two-Spirit and Indigiqueer Days: January's theme: Tea and Divination. Drop-in between 1-3pm. We will have materials for beading along with 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*)

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*)

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-Alzheimer Society of B.C.: Join us and special guests from the Alzheimer Society of B.C. to learn more about the early signs of dementia and their First Link services, which connect people living with dementia and their loved ones with programs and supports. (*Board Room*)

Let's Talk Day: Bell's Let's Talk Day is an initiative dedicated to mental health awareness, acceptance, and action. The theme for 2026 is "Taking a Moment for Mental Health." For our part, we will have a table at soup lunch and will be hosting cultural activities from 1-3pm. (*Gym*)

Mindfulness Meditation: 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