



Wellness and Health March 2026

Updated: February 26, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Community Acupuncture* 8:30am-3:15pm Wills and Estates Lunch and Learn 11:30am-1:30pm	3 Breakfast Club: Mindfulness Meditation* 10:00am-12:00pm Community Massage* 2:30-4:30pm	4 Beading Circle 1:00-3:00pm Herbal Medicine Clinic* 1:45-3:15pm A.A 7:30-8:30pm	5 Community Massage* 8:45am-12:45pm Feast for the Senses Art as Therapy* 9:30am-12:00pm A.A 7:30-8:30pm	6 Drop-in Community Art 9:30am-12:00pm VSAC: Indigenous Counsellor* 1:00-3:00pm Soup Lunch 12:00-1:00pm Bingo! 1:30-2:30pm A.A 7:30-8:30pm
9 Community Acupuncture* 8:30am-3:15pm	10 Breakfast Club: Jean Smith - Devil's Club* 10:00am-12:00pm Community Massage* 2:30-4:30pm	11 Herbal Medicine Clinic* 1:45-3:15pm A.A 7:30-8:30pm	12 Community Massage* 8:45am-12:45pm Feast for the Senses Art as Therapy* 9:30am-12:00pm A.A 7:30-8:30pm	13 Cultural Support* 9am-3pm Drop-in Community Art 9:30am-12:00pm VSAC: Indigenous Counsellor* 1:00-3:00pm Soup Lunch 12:00-1:00pm A.A 7:30-8:30pm
16 Community Acupuncture* 8:30am-3:15pm	17 Breakfast Club: Nutrition Talks* 10:00am-12:00pm Community Massage* 2:30-4:30pm	18 Cultural Support* 9:00am-12:00pm Herbal Medicine Clinic* 1:45-3:15pm Beading Circle 4:30-6:30pm A.A 7:30-8:30pm	19 Community Massage* 8:45am-12:45pm Feast for the Senses 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* 1:00-3:00pm Soup Lunch 12:00-1:00pm Family Photo Day 12:00-3:00pm Community Smudge 1:30-2:30pm A.A 7:30-8:30pm
23 Community Acupuncture* 8:30am-3:15pm	24 Breakfast Club: Garden Party & Closing* 10:00am-12:00pm Mindfulness Meditation 10:00-11:00pm Community Massage* 2:30-4:30pm	25 Dance Circle 1:30-2:30 Herbal Medicine Clinic* 1:45-3:15pm A.A 7:30-8:30pm	26 Community Massage* 8:45am-12:45pm Feast for the Senses Art as Therapy* 9:30am-12:00pm A.A 7:30-8:30pm	27 Drop-in Community Art 9:30am-12:00pm VSAC: Indigenous Counsellor* 1:00-3:00pm Soup Lunch 12:00-1:00pm A.A 7:30-8:30pm
30 Community Acupuncture* 8:30am-3:15pm	31 Community Massage* 2:30-4:30pm			

*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





Description of Events



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. (*Amphitheatre*)

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 March 13th from 9am-3pm to provide cultural support. By appointment 9am-12pm and drop-ins from 1-3pm. Sky Bellefleur will be here for cultural support March 18th from 9am-12pm, by appointment only. To make an appointment or for more information, please contact reception at 250-384-3211. (*Therapeutic Room*)

Feast for the Senses—Art as Therapy: Weekly art as therapy activities based on exploring the senses. 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:

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*)

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

Dance Circle: 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*)

Family Photo Day: Camosun students are excited to offer you the opportunity to have your photo taken for free! Small prints will be available the same day, and larger prints will be ready for pickup the following week. We're also offering a chance to create your own photo frame during our drop-in art session! We hope to see you there!

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*)

Wills and Estates Lunch and Learn: Join us and a staff lawyer from Woodward and Company to learn about wills and estates. Lunch provided! Limited space. Please register with Cassidy (cassidy.v@vnfc.ca). (*Board Room*)

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

ALL SERVICES ARE FREE FOR COMMUNITY