



# Wellness and Health April 2026

Updated: April 3, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>Beading Circle</b> 1:00-3:00pm <b>Herbal Medicine Clinic*</b> 12:15-3:15pm A.A 7:30-8:30pm	2 <b>Community Massage*</b> 8:45am-12:45pm <b>Spring RejYOUviNATION</b> <b>Art as Therapy*</b> 9:30am-12:00pm A.A 7:30-8:30pm	3 <b>VNFC CLOSED FOR EASTER WEEKEND</b>
6 <b>VNFC CLOSED FOR EASTER WEEKEND</b>	7 <b>One on One Art Therapy*</b> 1:00-3:30pm <b>Mindfulness Meditation</b> 10:00-11:00am <b>Community Massage*</b> 2:30-4:30pm	8 <b>Herbal Medicine Clinic*</b> 12:15-3:15pm A.A 7:30-8:30pm	9 <b>Community Massage*</b> 8:45am-12:45pm <b>Spring RejYOUviNATION</b> <b>Art as Therapy*</b> 9:30am-12:00pm <b>Devil's Club Remedies with Jean Smith</b> 10:00am-12:00pm A.A 7:30-8:30pm	10 <b>Drop-in Community Art</b> 9:30am-12:00pm <b>VSAC: Indigenous Counsellor*</b> 1:00-3:00pm <b>Soup Lunch 12:00-1:00pm</b> A.A 7:30-8:30pm
13 <b>Community Acupuncture*</b> 8:30am-3:15pm	14 <b>One on One Art Therapy*</b> 1:00-3:30pm	15 <b>Herbal Medicine Clinic*</b> 12:15-3:15pm <b>Bingo! 1:30-2:30pm</b> A.A 7:30-8:30pm	16 <b>Spring RejYOUviNATION</b> <b>Art as Therapy*</b> 9:30am-12:00pm <b>Community Living BC (CLBC)</b> <b>Community Engagement Session*</b> 10:30am-1:00pm A.A 7:30-8:30pm	17 <b>Drop-in Community Art</b> 9:30am-12:00pm <b>VSAC: Indigenous Counsellor*</b> 1:00-3:00pm <b>Soup Lunch 12:00-1:00pm</b> A.A 7:30-8:30pm
20	21 <b>One on One Art Therapy*</b> 1:00-3:30pm	22 A.A 7:30-8:30pm	23 <b>Community Care Fair</b> 10:00am-3:00pm A.A 7:30-8:30pm	24 <b>Drop-in Community Art</b> 9:30am-12:00pm <b>VSAC: Indigenous Counsellor*</b> 1:00-3:00pm <b>Soup Lunch 12:00-1:00pm</b> A.A 7:30-8:30pm
27	28 <b>One on One Art Therapy*</b> 1:00-3:30pm	29 <b>Beading Circle</b> 4:30-6:30pm A.A 7:30-8:30pm	30 <b>Spring RejYOUviNATION</b> <b>Art as Therapy*</b> 9:30am-12:00pm 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





# 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 Living BC (CLBC) Community Engagement Session:** This year CLBC is celebrating its 20<sup>th</sup> anniversary and preparing to draft a new strategic plan that will inform its goals over the next three years. This is an opportunity to provide your feedback on CLBC's priorities. Lunch provided! Contact [scott.i@vnfc.ca](mailto:scott.i@vnfc.ca) to register. Drop-ins welcome! (*Board 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*)

**One on One Art Therapy:** Free individual art therapy sessions with Sandy. She is an art therapy student, artist and counsellor with over 10 years experience working in mental health and substance use. No art experience necessary and materials provided. A relaxed, non-judgmental space where you can show up as you are and make art in whatever way feels right. For more information or to book a time, email Sandy ([sandyarttherapy@gmail.com](mailto:sandyarttherapy@gmail.com)). (*Cedar Rose Room*)

**Spring RejYOUviNATION—Art as Therapy:** Weekly art as therapy activities based on nature, grounding and connection. Facilitated by art therapy practicum students. 6 spaces available. Contact Shona for more information or to register: [shona@vnfc.ca](mailto: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](mailto:culture@vnfc.ca) for zoom info. (*Gym*)

**Community Care Fair:** Join us for a day of health, wellness and community. Learn more about how VNFC can support your wellness journey and connect with many local organizations. There will be a variety of health and wellness providers offering their services. Door prizes! Cultural supports will be available. Lunch Provided! Most services drop-in with sign up sheets. First come, first served. Mammograms require an appointment. For more information or to book a mammogram email [scott.i@vnfc.ca](mailto:scott.i@vnfc.ca)

**Devil's Club Remedies with Jean Smith:** Join us to learn about Devil's Club remedies from Kwakwaka'wakw Elder Jean Smith. Please RSVP to [gardensupport@vnfc.ca](mailto:gardensupport@vnfc.ca) (*Boardroom*)

**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](mailto: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**