



Wellness and Health May 2026

Updated: May 1, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1 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</p>
<p>4 Community Acupuncture* 12:00-3:15pm</p>	<p>5 Our Women Are Sacred Event (off-site) 10:30am-1:00pm Community Massage* 1:00-4:30pm</p>	<p>6 Herbal Medicine Clinic* 1:45-3:15pm A.A 7:30-8:30pm</p>	<p>7 Community Massage* 8:45am-12:45pm Repeat After Me: Art as Therapy* 9:30am-12:00pm Devil's Club Remedies with Jean Smith 10am-12pm Beading Circle 1:00-3:00pm A.A 7:30-8:30pm</p>	<p>8 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</p>
<p>11 Community Acupuncture* 8:30am-3:15pm</p>	<p>12 Community Massage* 1:00-4:30pm</p>	<p>13 Herbal Medicine Clinic* 12:15-3:15pm A.A 7:30-8:30pm</p>	<p>14 Community Massage* 8:45am-12:45pm Repeat After Me: Art as Therapy* 9:30am-12:00pm Moose Hide Campaign: Walk to End Violence (off-site) A.A 7:30-8:30pm</p>	<p>15 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</p>
<p>18 VNFC CLOSED</p>	<p>19 Community Massage* 1:00-4:30pm</p>	<p>20 Herbal Medicine Clinic* 12:15-3:15pm A.A 7:30-8:30pm</p>	<p>21 Community Massage* 8:45am-12:45pm Repeat After Me: Art as Therapy* 9:30am-12:00pm A.A 7:30-8:30pm</p>	<p>22 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</p>
<p>25 Community Acupuncture* 8:30am-3:15pm</p>	<p>26 Mindfulness Meditation 10:00-11:00am Community Massage* 1:00-4:30pm</p>	<p>27 Herbal Medicine Clinic* 12:15-3:15pm Beading Circle 4:30-6:30pm A.A 7:30-8:30pm</p>	<p>28 Community Massage* 8:45am-12:45pm Repeat After Me: Art as Therapy* 9:30am-12:00pm Grow a Little Garden 10:00am-12:00pm A.A 7:30-8:30pm</p>	<p>29 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</p>

*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 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*)

Repeat After Me—Art as Therapy: Weekly art as therapy activities based on exploring pattern making. 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*)

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 (*Amphitheatre*)

Grow a Little Garden: Please join us in the VNFC Garden! We'll provide everything you need to make a little potted food and herb garden to take home with you at the end of the session. Please RSVP to gardensupport@vnfc.ca to attend. (*Garden*)

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*)

Moose Hide Campaign - Walk to End Violence: Join us for the Walk to End Violence, the in-person gathering for Moose Hide Campaign Day 2026. This powerful community space is an invitation to individuals, families, and communities to come together in unity and take a visible stand against gender-based violence. It's a time to raise our voices, honour our precious ones, and take steps toward a future free from violence. Everyone is welcome. Bring your signs, your drums, and your commitment to creating safety. For more information contact nadya.c@vnfc.ca or visit <https://moosehidecampaign.ca/victoria/>

Our Women are Sacred Event: Join us for the Our Women Are Sacred event, a meaningful gathering dedicated to honouring the strength, resilience, and sacredness of our people. Centred on the theme "Gather – Heal – Uplift," this event will begin at Hallowell Road with opening remarks and a territory acknowledgement, followed by a community walk led by Nations. Participants are encouraged to wear red or regalia in remembrance and support of MMIWG2S+ families. The gathering continues at Maplebank with guest speakers, drumming, and singing, creating space for connection, reflection, and community healing. For more information visit <https://surroundedbycedar.com/our-women-are-sacred-event/>

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