



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>VNFC CLOSED</b>	2 <b>Community Massage*</b> 8:45am-12:45pm Now you see it, now you don't: <b>Art as Therapy*</b> 9:30am-12:00pm <b>A.A 7:30-8:30pm</b>	3 <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> <b>A.A 7:30-8:30pm</b>
6	7 <b>Community Massage*</b> 1:00-4:30pm	8 <b>Herbal Medicine Clinic*</b> 12:15-3:15pm <b>A.A 7:30-8:30pm</b>	9 <b>Community Massage*</b> 8:45am-12:45pm Now you see it, now you don't: <b>Art as Therapy*</b> 9:30am-12:00pm <b>Food Skills: Working in the Garden</b> 10:00am-12:00pm <b>A.A 7:30-8:30pm</b>	10 <b>Cultural Support*</b> 9:00am-3:00pm <b>Drop-in Community Art</b> 9:30am-12:00pm <b>VSAC: Indigenous Counsellor*</b> 1:00-3:00pm <b>A.A 7:30-8:30pm</b>
13	14 <b>Community Massage*</b> 1:00-4:30pm	15 <b>Herbal Medicine Clinic*</b> 12:15-3:15pm <b>Beading Circle</b> 1:00-3:00pm <b>A.A 7:30-8:30pm</b>	16 <b>Community Massage*</b> 8:45am-12:45pm Now you see it, now you don't: <b>Art as Therapy*</b> 9:30am-12:00pm <b>A.A 7:30-8:30pm</b>	17 <b>Drop-in Community Art</b> 9:30am-12:00pm <b>VSAC: Indigenous Counsellor*</b> 1:00-3:00pm <b>A.A 7:30-8:30pm</b>
20 <b>Free Haircuts and Braiding*</b> 10:00am-3:00pm	21 <b>Community Massage*</b> 1:00-4:30pm	22 <b>Herbal Medicine Clinic*</b> 12:15-3:15pm <b>Dance Circle</b> 1:30-2:30pm <b>A.A 7:30-8:30pm</b>	23 <b>Community Massage*</b> 8:45am-12:45pm Now you see it, now you don't: <b>Art as Therapy*</b> 9:30am-12:00pm <b>Food Skills: Hot Water Canning</b> 10:00am-12:00pm <b>Bingo! 1:30-2:30pm</b> <b>A.A 7:30-8:30pm</b>	24 <b>Drop-in Community Art</b> 9:30am-12:00pm <b>VSAC: Indigenous Counsellor*</b> 1:00-3:00pm <b>A.A 7:30-8:30pm</b>
27	28 <b>Mindfulness Meditation</b> 10:00-11:00am <b>Community Massage*</b> 1:00-4:30pm	29 <b>Herbal Medicine Clinic*</b> 12:15-3:15pm <b>A.A 7:30-8:30pm</b>	30 <b>Community Massage*</b> 8:45am-12:45pm Now you see it, now you don't: <b>Art as Therapy*</b> 9:30am-12:00pm <b>A.A 7:30-8:30pm</b>	31 <b>Drop-in Community Art</b> 9:30am-12:00pm <b>VSAC: Indigenous Counsellor*</b> 1:00-3:00pm <b>A.A 7:30-8:30pm</b>

\*These services are for people who self identify as Indigenous

**CALENDAR SUBJECT TO CHANGE**





# Description of Events



## **For Indigenous Community Members:**

**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:** John Rice will be here to provide cultural support. By appointment from 9:00am-12:00pm and drop-in 1:00-3:00pm. To make an appointment or for more information, please contact reception at 250-384-3211. (*Amphitheatre*)

**Free Haircuts and Braiding:** Jessie and Tana will be here to provide hair care to the community. By appointment. Contact reception to sign up. 250-384-3211. (*Boardroom*)

**Now you see it, now you don't—Art as Therapy:** Weekly art as therapy activities exploring impermanence and letting go. 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*)

**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*)

**Food Skills:** Join us for sessions on skills surrounding food security and sovereignty. Come help us grow food and medicines and learn to preserve them yourselves. No experience necessary. This month: Working in the Garden (9<sup>th</sup>) and learning hot water canning (23<sup>rd</sup>). RSVP to gardensupport@vnfc.ca to attend one or both sessions. Limited spaces available. (*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*)

**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**