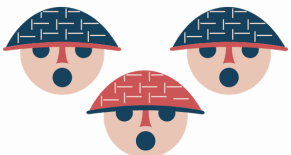




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 VNFC CLOSED	4 Community Massage* 1:00-4:30pm	5 Herbal Medicine Clinic* 12:15-3:15pm A.A 7:30-8:30pm	6 Community Massage* 8:45am-12:45pm Light Up My Life: Art as Therapy* 9:30am-12:00pm A.A 7:30-8:30pm	7 Drop-in Community Art 9:30am-12:00pm VSAC: Indigenous Counsellor* 1:00-3:00pm A.A 7:30-8:30pm
10	11 Mindfulness Meditation 10:00-11:00am	12 Herbal Medicine Clinic* 12:15-3:15pm A.A 7:30-8:30pm	13 Cultural Support with John Rice* 9:00am-3:00pm Light Up My Life: Art as Therapy* 9:30am-12:00pm Tea Blending Workshop* 10:00am-12:00pm Beading Circle 1:00-3:00pm A.A 7:30-8:30pm	14 Drop-in Community Art 9:30am-12:00pm VSAC: Indigenous Counsellor* 1:00-3:00pm A.A 7:30-8:30pm
17	18 Cultural Support with Mark Atleo and Shirley Alphonse* 9:00am-3:00pm	19 Medicine Pouch Workshop with Daniel Sands* 9:30am-12:00pm A.A 7:30-8:30pm	20 Light Up My Life: Art as Therapy* 9:30am-12:00pm Bingo! 1:30-2:30pm A.A 7:30-8:30pm	21 Drop-in Community Art 9:30am-12:00pm VSAC: Indigenous Counsellor* 1:00-3:00pm A.A 7:30-8:30pm
24	25	26 Free Haircuts and Braiding 10:00am-3:00pm A.A 7:30-8:30pm	27 Light Up My Life: Art as Therapy* 9:30am-12:00pm Dance Circle 10:30-11:30am A.A 7:30-8:30pm	28 Drop-in Community Art 9:30am-12:00pm VSAC: Indigenous Counsellor* 1:00-3:00pm A.A 7:30-8:30pm
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**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: 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. (*Therapeutic Room*)

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*)

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*)

Light Up My Life—Art as Therapy: Weekly art as therapy activities exploring inviting in the light. 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*)

Medicine Pouch Workshop: Community is invited to make a leather medicine pouch with Daniel Sands (Bigstone Cree First Nation, 2Spirit, Nehiyo & French). Medicines provided by our VNFC Food & Medicine Garden. Contact Shona for more information or to register (shona@vnfc.ca or 250-384-3211 ext. 2226). (*Amphitheatre*)

Tea Blending Workshop: Community is invited to join us for a tea-blending workshop. We will provide herbs grown in the VNFC Food & Medicine garden. Folks are encouraged to bring a mug so they can taste already made herbal teas. We'll chat about dehydrating herbs & some properties of a few of the herbs we grow here. Drop-in. For details or questions reach out to: GardenSupport@vnfc.ca. (*Amphitheatre*)

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 find pathways to healing. Everyone is welcome, no matter your age, circumstance, or ability. Email scott.i@vnfc.ca to register or if you have any questions. Drop-ins welcome! (*Amphitheatre*)

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