



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

*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*)

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 (9th) and learning hot water canning (23rd). RSVP to gardensupport@vnfc.ca to attend one or both sessions. Limited spaces available. (*Garden*)

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*)

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