



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 International Overdose Awareness Day 1:00-3:00pm	2 Herbal Medicine Clinic* 1:45-3:15pm A.A 7:30-8:30pm	3 Too Cool for School: Art as Therapy* 9:30am-12:00pm Beading Circle 1:00-3:00pm Art Therapy with Becky 1:00-3:00pm A.A 7:30-8:30pm	4 Drop-in Community Art 9:30am-12:00pm VSAC: Indigenous Counsellor* 1:00-3:00pm A.A 7:30-8:30pm
7 VNFC CLOSED	8 Mindfulness Meditation 10:00-11:00am Community Massage* 1:30-4:30pm	9 FASD Awareness Day 1:00-3:00pm Herbal Medicine Clinic* 12:15-3:15pm A.A 7:30-8:30pm	10 Cultural Support with John Rice* 9:00am-3:00pm Chair Yoga* 10:30-11:30am Too Cool for School: Art as Therapy* 9:30am-12:00pm Art Therapy with Becky 1-3pm Dance Circle 1:30-2:30pm A.A 7:30-8:30pm	11 Drop-in Community Art 9:30am-12:00pm A.A 7:30-8:30pm
14	15 Community Massage* 1:30-4:30pm	16 Haircuts and Braiding* 10:00am-3:00pm Herbal Medicine Clinic* 12:15-3:15pm Beading Circle 4:00-6:00pm A.A 7:30-8:30pm	17 Community Massage* 8:45am-12:45pm Too Cool for School: Art as Therapy* 9:30am-12:00pm Chair Yoga* 10:30-11:30am Bingo! 1:30-2:30pm Art Therapy with Becky 1-3pm A.A 7:30-8:30pm	18 Drop-in Community Art 9:30am-12:00pm Summer's End Celebration 10:00am-12:00pm Soup Lunch 12:00-1:00pm A.A 7:30-8:30pm
21 Community Acupuncture* 8:30am-3:15pm	22 Mindfulness Meditation 10:00-11:00am Community Massage* 1:30-4:30pm	23 Herbal Medicine Clinic* 12:15-3:15pm A.A 7:30-8:30pm	24 Community Massage* 8:45am-12:45pm Too Cool for School: Art as Therapy* 9:30am-12:00pm Seed Save and Swap* 10am-12pm Chair Yoga* 10:30-11:30am Art Therapy with Becky 1-3pm A.A 7:30-8:30pm	25 Drop-in Community Art 9:30am-12:00pm Soup Lunch 12:00-1:00pm A.A 7:30-8:30pm
28 Community Acupuncture* 8:30am-3:15pm	29 Cedar Workshop with Christine Prevost 10:00am-12:00pm Community Massage* 1:30-4:30pm	30 VNFC CLOSED Truth and Reconciliation Day		

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

CALENDAR SUBJECT TO CHANGE





Description of Events



For Indigenous Community Members:

Cedar Workshop with Christine Prevost: Join us and our special guest to learn how to work with cedar and make a cedar rose, a bracelet or earrings. Supplies provided. Drop-ins welcome! Contact reception (reception@vnfc.ca or 250-384-3211) to register or if you have any questions. (*Amphitheatre*)

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*)

Chair Yoga: Join us for a series of chair yoga classes in partnership with Natalie from One Yoga Victoria. Drop-ins welcome! (*Amphitheatre*)

Cultural Support with John Rice: 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*)

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*)

Seed Save and Swap: We will be hosting a seed saving and sharing workshop. Folks are invited to bring their own labelled seeds to swap with other community members or just come by and see what we have in storage to share. Contact gardensupport@vnfc.ca with any questions. (*Garden*)

Too Cool for School—Art as Therapy: Weekly art as therapy activities. 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*)

VSAC—Indigenous Counsellor: Victoria Sexual Assault Centre's (VSAC) Indigenous counsellor, Michelle Gregoire, will be here to meet with community. Drop-ins welcome. (*Therapeutic Room*)

Everyone Welcome:

Art Therapy With Becky: Individual art therapy sessions with Becky, an art therapy student, for adult community members. Confidential and one on one. No art skills needed! Contact Becky for more information at beckyblack@aviaarts.com or 778-902-3072. (*Territory for the Arts*)

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 lisa.m@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*)

FASD Awareness Day: Join us for some family fun while we raise awareness for fetal alcohol spectrum disorder (FASD). We'll have mocktails, cold teas, info tables, rock painting, cultural support and cedar rose making. (*Amphitheatre*)

International Overdose Awareness Day: In honour of International Overdose Awareness Day, VNFC has partnered with Moms Stop the Harm to host a drop in space with refreshments, cultural support, and art activities. Let's come together to remember our loved ones lost to the toxic drug crisis. (*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*)

Summer's End Celebration: Join us for our 3rd annual Summer's End Celebration in the garden. Everyone is welcome. We will be making protection sprays for project reconnect and community as well as saying thank you to the garden for all the medicines it gave us this growing season. Drop-in. Contact gardensupport@vnfc.ca with any questions. (*Garden*)

Alcoholics Anonymous: Weekly Meetings. All are welcome. (*Amphitheatre*)

ALL SERVICES ARE FREE FOR COMMUNITY