Victoria Native Friendship Centre

Wellness and Health November 2026

Updated: Oct 16, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Community Acupuncture* 8:30am-3:15pm	3 Community Massage* 1:30-4:30pm	4 Closed Art Therapy Studio for Women* 9:30am-12:00pm Herbal Medicine Clinic* 12:15-2:30pm A.A 7:30-8:30pm	5 Community Massage* 8:45am-12:45pm Art Therapy with Becky 9:30am-3:00pm I'm FALLing for ME: Art as Therapy* 9:30am-12:00pm A.A 7:30-8:30pm	6 Drop-in Community Art 9:30am-12:00pm Soup Lunch 12:00-1:00pm VSAC: Indigenous Counsellor* 1:00-3:00pm A.A 7:30-8:30pm
9 Community Acupuncture* 8:30am-3:15pm	10 Community Massage* 1:30-4:30pm	11 Remembrance Day VNFC CLOSED	12 Community Massage* 8:45am-12:45pm Art Therapy with Becky 9:30am-3:00pm I'm FALLing for ME: Art as Therapy* 9:30am-12:00pm A.A 7:30-8:30pm	13 Drop-in Community Art 9:30am-12:00pm Soup Lunch 12:00-1:00pm VSAC: Indigenous Counsellor* 1:00-3:00pm A.A 7:30-8:30pm
16 Community Acupuncture* 8:30am-3:15pm	17 Community Massage* 1:30-4:30pm	18 Closed Art Therapy Studio for Women* 9:30am-12:00pm Herbal Medicine Clinic* 12:15-2:30pm A.A 7:30-8:30pm	19 Community Massage* 8:45am-12:45pm Art Therapy with Becky 9:30am-3:00pm I'm FALLing for ME: Art as Therapy* 9:30am-12:00pm Bingo! 1:30-2:30pm A.A 7:30-8:30pm	20 Drop-in Community Art 9:30am-12:00pm Soup Lunch 12:00-1:00pm VSAC: Indigenous Counsellor* 1:00-3:00pm A.A 7:30-8:30pm
23 Community Acupuncture* 8:30am-3:15pm	24 Mindfulness Meditation 10:00-11:00am Community Massage* 1:30-4:30pm	25 Closed Art Therapy Studio for Women* 9:30am-12:00pm Herbal Medicine Clinic* 12:15-2:30pm Beading Circle 4:00-6:00pm A.A 7:30-8:30pm	26 Community Massage* 8:45am-12:45pm Art Therapy with Becky 9:30am-3:00pm I'm FALLing for ME: Art as Therapy* 9:30am-12:00pm A.A 7:30-8:30pm	27 Drop-in Community Art 9:30am-12:00pm Soup Lunch 12:00-1:00pm VSAC: Indigenous Counsellor* 1:00-3:00pm A.A 7:30-8:30pm
30 Community Acupuncture* 8:30am-3:15pm				

*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:

Closed Art Therapy Studio for Women: A weekly closed Phenomenological Art Therapy processing group for Women. Art materials are provided and no art experience is necessary. This group is for women who self identify as Indigenous or who have children who identify as Indigenous. If you are interested in knowing more about this therapeutic experience, please contact Shona at 250-384-3211 ext. 2226 or by email at shona@vnfc.ca *(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)*

Cultural Support with Mark Atleo: 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)*

I'm FALLing for ME!—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)*

Drop-in Community Art: Art Therapy Practicum students are offering quick, easy and fun art directives for folks wanting to stop in to get creative and make art! No art experience necessary. For info contact shona@vnfc.ca. *(Territory for the Arts)*

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