

DESCRIPTION OF EVENTS



HEALTH DECEMBER 2018

ALCOHOLICS ANONYMOUS

VNFC provides space for this group to hold it's meetings twice a week. Join them for coffee and support. (Community Room)

LUNCH AND LEARN

Free. Join us for lunch to watch the film "Spirit Doctors" which focuses on Traditional Medicine and Indigenous Healers. (Community Room)

PHYSIOTHERAPY

Free. Physiotherapist provides services and directly bill MSP. Please bring your Care Card. Book through reception. (Wellness Room)

ACUPUNCTURE

Free. Sign up at Reception. (Wellness Room)

CHIROPRACTOR

Dr. Youlton, drop in. Practitioner responsible for own billing. (ECD Playroom)

COMMUNITY LUNCH Free. Join us for a healthy meal of soup, bread, and other goodies! A weekly gathering open to all. (Gym)

UNITY DRUMMERS

The urban Aboriginal community comes together very Friday to share songs and friendship. Family friendly. Everyone Welcome. (Gym)

HERBAL CLINIC

By Donation Pacific Rim College can create Herbal Medicine specific to your needs. Sign up at front desk. (Wellness Room)

NUTRITIONAL CONSULTATION

Free. Pacific Rim College provides nutritional advice, including meal planning and support. Sign up at reception (Wellness Room)

HEALTH SUPPORT CIRCLE

Drop In. The circle provides support and education for those living with diabetes. Light snack provided. (ECD)

Mon	Tue	Wed	Thu	Fri
3 PHYSIOTHERAPY 9-2:30PM	4 NUTRITION CONSULTATION 12:30-2:30	5 CHIROPRACTOR 10:30-1 PM HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	6	7 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
10 PHYSIOTHERAPY 9-2:30PM	11 HEALTH SUPPORT CIRCLE 1:30-2:30 PM NUTRITION CONSULTATION 12:30-2:30	12 LUNCH AND LEARN 12-1:30 PM HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	13	14 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
17 PHYSIOTHERAPY 9-2:30PM	18 NUTRITION CONSULTATION 12:30-2:30	19 CHIROPRACTOR 10:30-1 PM HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	20	21 VNFC CLOSED
24 VNFC CLOSED	25 VNFC CLOSED	26 VNFC CLOSED	27 VNFC CLOSED	28 VNFC CLOSED

OUR HEALTH TEAM

SHONA – MENTAL HEALTH LIAISON WORKER
 PATRICK– ADDICTIONS COUNSELLORS
 ROBERTA AND RAELENE– HOMELESS OUTREACH WORKERS
 VANESSA – HEALTH SUPPORT WORKER

The Victoria Native Friendship Centre
 231 Regina Ave Victoria, BC V8Z 1J6
 250-384-3211

