

DESCRIPTION OF EVENTS



HEALTH SEPTEMBER 2019

MEDITATION

Free. Will return in October. Join us for a gentle, guided relaxing meditation with an experienced and trained meditation teacher.. Everyone welcome. *(Amphitheatre)*

LUNCH AND LEARN

Free. Join us for lunch with the FNHA to learn details about the changes in benefits. *(Community Room)*

PHYSIOTHERAPY

Jocelyn the physiotherapist, provides services and directly bills you your MSP. Please bring your Care Card. Sign up at reception. *(Cedar Rose Room)*

ACUPUNCTURE

Free. Pacific Rim College and students are here to provide acupuncture specific to your health needs. Sign up at Reception. *(Wellness Room and the Cedar Rose Room)*

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

Free. Pacific Rim College can create Herbal Medicine specific to your needs. Sign up at reception. *(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

Free. Will Return in November. Drop In. The circle provides support and education for those living with diabetes. *(Cedar Rose Room)*

NEUROOPTIMAL NEUROFEEDBACK

Neurofeedback sessions provided by a Registered Clinical Counsellor are covered by your health benefits through FNHA. Sign up at Reception. *(Therapeutic Room)*

GARDENING GROUP

Our group meets weekly to work in our year round community garden on site. Closed toed shoes are recommended along with sun protection. *(Community Garden)*

Mon	Tue	Wed	Thu	Fri
2 VNFC CLOSED LABOUR DAY	3 GARDENING GROUP 1-3 PM	4 HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	5 GARDENING GROUP 10-12 PM NUTRITIONAL CONSULTATIONS 12:30-2:30 PM NEUROFEEDBACK 9AM-1 PM	6 ACUPUNCTURE 12:30-2:30 PM SOUP LUNCH 12-1PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
9 PHYSIOTHERAPY 9-2 PM	10 GARDENING GROUP 1-3 PM	11 LUNCH AND LEARN 12-1:30 PM HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	12 GARDENING GROUP 10-12 PM NUTRITIONAL CONSULTATIONS 12:30-2:30 PM NEUROFEEDBACK 9AM-1 PM	13 ACUPUNCTURE 12:30-2:30 PM SOUP LUNCH 12-1PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
16	17	18 HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	19 GARDENING GROUP 10-12 PM NUTRITIONAL CONSULTATIONS 12:30-2:30 PM NEUROFEEDBACK 9AM-1 PM	20 ACUPUNCTURE 12:30-2:30 PM SOUP LUNCH 12-1PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
23 PHYSIOTHERAPY 9-2 PM	24	25 HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	26 GARDENING GROUP 10-12 PM NUTRITIONAL CONSULTATIONS 12:30-2:30 PM NEUROFEEDBACK 9AM-1 PM	27 ACUPUNCTURE 12:30-2:30 PM SOUP LUNCH 12-1PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
30 PHYSIOTHERAPY 9-4:30PM				

OUR HEALTH TEAM

SHONA – MENTAL HEALTH LIAISON WORKER
CHRISTINA AND KEVIN– ADDICTIONS COUNSELLORS
SYLVIA AND CHRISTIE– HOMELESS OUTREACH WORKERS
VANESSA AND ANDREA– HEALTH SUPPORT WORKERS

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

