

DESCRIPTION OF EVENTS



HEALTH APRIL 2019

MEDITATION

Free. 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 Victoria Parent Legal Centre to learn about their support and resources. (*Community Room*)

PHYSIOTHERAPY

Free. Physiotherapist provides services and directly bills your MSP. Please bring your Care Card. Sign up at reception. (*Wellness Room*)

ACUPUNCTURE

Free. Pacific Rim College and students are here to provide acupuncture specific to your health needs. Sign up at Reception. (*Wellness 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. Drop In. The circle provides support and education for those living with diabetes. Join us for a Food Bingo and Bannock. (*Community Room*)

MASSAGE

Free. Massage therapy provided by a Registered Massage Therapist.. Sign up Reception. (*Wellness Room*)

Mon	Tue	Wed	Thu	Fri
1 MEDITATION 12:30-1PM PHYSIOTHERAPY 9-2:30PM	2	3 HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	4 NUTRITION CONSULTATION 12:30-2:30	5 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
8 MASSAGE 9-3:15PM MEDITATION 12:30-1PM PHYSIOTHERAPY 9-2:30PM	9	10 LUNCH AND LEARN 12-1:30 PM HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	11 NUTRITION CONSULTATION 12:30-2:30	12 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
15 MEDITATION 12:30-1PM PHYSIOTHERAPY 9-2:30PM	16 HEALTH SUPPORT CIRCLE BINGO AND BANNOCK 1:30- 3 PM	17 HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	18 NUTRITION CONSULTATION 12:30-2:30	19 GOOD FRIDAY VNFC CLOSED
22 EASTER MONDAY VNFC CLOSED	23	24 HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	24 NUTRITION CONSULTATION 12:30-2:30	25 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
28 MASSAGE 9-3:15PM MEDITATION 12:30-1PM PHYSIOTHERAPY 9-2:30PM	29	30 HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM		

OUR HEALTH TEAM

SHONA – MENTAL HEALTH LIAISON WORKER
 PATRICK– ADDICTIONS COUNSELLOR
 RAELENE– HOMELESS OUTREACH WORKER
 VANESSA AND ADAM– HEALTH SUPPORT WORKERS

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

