

DESCRIPTION OF EVENTS



HEALTH JUNE 2019

ALCOHOLICS ANONYMOUS

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

HERBAL CLINIC

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

NUTRITIONAL CONSULTING

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

ACUPUNCTURE

Free. Provided by Pacific Rim College. Sign up at reception *(Wellness Room)*

SOUP LUNCH

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

PHYSIOTHERAPY

With Physiotherapist Jocelyn. Drop in. Practitioner responsible for own billing. Sign up at reception. *(Cedar Rose Room)*

LUNCH AND LEARN

Topic: Pacific Animal Therapy Society. Drop in. Everyone welcome. Health related information and resources are shared over a nutritious lunch. *(Community Room)*

HEALTH SUPPORT CIRCLE

Drop In. Support and education for those living with Diabetes, Arthritis or other health challenges with a focus on maintaining good health through nutrition. Blood Sugar and Blood Pressure testing available. *(Cedar Rose Room)*

COMMUNITY GARDEN GROUP

Drop In. Join us each week as we gather to reestablish our community garden. *(Meet in the Community Room)*

MASSAGE

30 minute massage sessions provided by a Registered Massage Therapist. Sign up at reception. *(Wellness Room)*

Mon	Tue	Wed	Thu	Fri
3 MASSAGE 9-3:15PM MEDITATION 12:30-1PM	4 NUTRITIONAL CONSULTATIONS 12:3-2:30 PM	5 COMMUNITY GARDEN 10-12 PM HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30 PM	6 NUTRITIONAL CONSULTATIONS 12:3-2:30 PM	7 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9 PM
10 PHYSIOTHERAPY 9-2 PM	11 NUTRITIONAL CONSULTATIONS 12:3-2:30 PM	12 COMMUNITY GARDEN 10-12 PM HERBAL CLINIC 12:30-2:30 PM LUNCH AND LEARN "PATS" 12-1:30 PM A.A 7:30-8:30 PM	13 NUTRITIONAL CONSULTATIONS 12:3-2:30 PM	14 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9 PM
17 PHYSIOTHERAPY 11-4:30 PM MEDITATION 12:30-1 PM	18 NUTRITIONAL CONSULTATIONS 12:3-2:30 PM HEALTH SUPPORT CIRCLE 1:30-3:00 PM	19 HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30 PM	20 COMMUNITY GARDEN 10-12 PM NUTRITIONAL CONSULTATIONS 12:3-2:30 PM	21 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9 PM
24 PHYSIOTHERAPY 9-2 PM MEDITATION 12:30-1PM	25 NUTRITIONAL CONSULTATIONS 12:3-2:30 PM	26 COMMUNITY GARDEN 10-12 PM HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30 PM	27	28 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30PM A.A 8-9 PM

OUR HEALTH TEAM

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

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

