

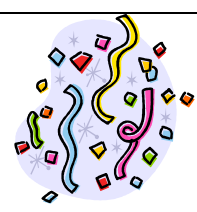




JANUARY~ HEALTH TEAM

Victoria Native Friendship Centre
 231 Regina Avenue, Victoria, BC V8Z 1J6 Phone: (250) 384-3211 Fax: (250) 384-1586

Monday	Tuesday	Wednesday	Thursday	Friday
3 VNFC Closed 	4	5 A.A. Group 7:30-8:30pm	6 PWA Circle 1:30-4 (Closed Group- PWA Office)	7 Community Lunch 12-1 A.A. Group 8-9 pm
10 A.A. Group 8-9 pm	11 Acupuncture Drop-in 10-2	12 Health Clinic 12-3 Acupuncture by Appointment 3-7 A.A. Group 7:30-8:30pm	13 PWA Circle 1:30-4 (Closed Group- PWA Office)	14 Wellness Clinic 9-12 Welcome to Wellness 1-3 Community Lunch 12-1 A.A. Group 8-9 pm
17 A.A. Group 8-9 pm	18 Acupuncture Drop-in 10-2	19 Acupuncture by Appointment 3-7 A.A. Group 7:30-8:30pm	20 PWA Circle 1:30-4 (Closed Group- PWA Office)	21 Wellness Clinic 9-12 Community Lunch 12-1 A.A. Group 8-9 pm
24 A.A. Group 8-9 pm	25 Acupuncture Drop-in 10-2	26 Acupuncture by Appointment 3-7 A.A. Group 7:30- 8:30pm	27 PWA Circle 1:30-4 (Closed Group- PWA Office)	28 Wellness Clinic 9-12 Community Lunch 12-1 A.A. Group 8-9 pm
31 A.A. Group 8-9 pm				

Health Clinic Lunch is provided while information and resources about a variety of health topics are discussed. All community members are welcome to come and ask questions, share stories, or voice concerns on health related issues. This month's topic: TBA (Community Room)

PWA Circle Support Circle for HIV+ people who are members of Vancouver Island Persons with AIDS Society. (PWA Office 1139 Yates)

Alcoholics Anonymous VNFC provides space for this group to hold its weekly meetings at the Centre. Great for "beginners" who are just becoming involved in the 12 Steps, as well as for people who are already involved in the program. Join us for free coffee and support. (Community Room)

Wellness Clinic Foot baths, acupuncture, herbs and wellness consultations. To book a session, email vnfwellness@gmail.com or drop-in during this time. **Free with Care Card or by donation. (Wellness Room)

Community Lunch Come join us for a healthy free meal- soup, bread, fruit and other goodies! A weekly gathering open to all. (Gym)

Acupuncture Acupuncture can help with addictions, stress, anxiety, pain. Call Trudy for appointment (250-813-3496) **Free with Care Card or by donation. (Wellness Room)

Welcome to Wellness Everyone is invited to participate in fun, art-based wellness activities after community lunch! (Gym)