



FEBRUARY~ HEALTH TEAM



Victoria Native Friendship Centre

231 Regina Avenue, Victoria, BC V8Z 1J6 Phone: (250) 384-3211 Fax: (250) 384-1586 Web: www.vnfc.ca

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Don't forget YOURSELF on Valentine's Day!</i></p>	<p>Send yourself a card describing all you Love & Appreciate about you!!!</p>	<p>1 A.A. Group 7:30-8:30pm</p>	<p>2 PWA Circle 1:30-4 (Closed Group- PWA Office)</p>	<p>3 Community Acupuncture Clinic 9-12 Community Lunch 12-1 A.A. Group 8-9 pm</p>
<p>6 A.A. Group 8-9 pm</p>	<p>7</p>	<p>8 Open Studio 9:30-12 (Closed group) Health Clinic 12-3 A.A. Group 7:30-8:30pm</p>	<p>9 PWA Circle 1:30-4 (Closed Group- PWA Office)</p>	<p>10 Community Acupuncture Clinic 9-12 Community Lunch 12-1 A.A. Group 8-9 pm</p>
<p>13 A.A. Group 8-9 pm</p>	<p>14 Happy Valentine's Day! </p>	<p>15 A.A. Group 7:30-8:30pm</p>	<p>16 PWA Circle 1:30-4 (Closed Group- PWA Office)</p>	<p>17 Community Acupuncture Clinic 9-12 Community Lunch 12-1 A.A. Group 8-9 pm</p>
<p>20 A.A. Group 8-9 pm</p>	<p>21</p>	<p>22 Open Studio 9:30-12 (Closed group) A.A. Group 7:30- 8:30pm</p>	<p>23 PWA Circle 1:30-4 (Closed Group- PWA Office)</p>	<p>24 Community Acupuncture Clinic 9-12 Community Lunch 12-1 A.A. Group 8-9 pm</p>
<p>27 A.A. Group 8-9 pm</p>	<p>28</p>	<p>29 A.A. Group 7:30- 8:30pm</p>		

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. 2nd Wednesday of the month. 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. Come for free coffee and support. (*Community Room*)

Community Acupuncture Clinic Foot baths, acupuncture, herbs and wellness consultations. To book a session, email vnfcwellness@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*)

Open Studio Drop-in Art Experience for people who have been referred by their VNFC workers. (*Territory for the Arts*)