

DESCRIPTION OF EVENTS



HEALTH MAY 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 Camosun College Dental Department to learn about their programs. (*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*)

HONOUR YOUR HEALTH

Free. Join us for this exciting weekly health series where we will gather for lunch, information sharing and traditional crafts with special guests. By registration only.

Mon	Tue	Wed	Thu	Fri
		1 HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	2 NUTRITION CONSULTATION 12:30-2:30 HONOUR YOUR HEALTH 12:00-2:00PM	3 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
6 MEDITATION 12:30-1PM PHYSIOTHERAPY 9-2:30PM	7 NUTRITION CONSULTATION 12:30-2:30	8 LUNCH AND LEARN 12-1:30 PM HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	9 NUTRITION CONSULTATION 12:30-2:30 HONOUR YOUR HEALTH 12:00-2:00PM	10 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
13 MASSAGE 9-3:15PM MEDITATION 12:30-1PM PHYSIOTHERAPY 9-2:30PM	14 NUTRITION CONSULTATION 12:30-2:30	15 HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	16 NUTRITION CONSULTATION 12:30-2:30 HONOUR YOUR HEALTH 12:00-2:00PM	17 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
20 VICTORIA DAY VNFC CLOSED	21 HEALTH SUPPORT CIRCLE 1:30- 3 PM NUTRITION CONSULTATION 12:30-2:30	22 HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	23 NUTRITION CONSULTATION 12:30-2:30	24 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
27 MASSAGE 9-3:15PM MEDITATION 12:30-1PM PHYSIOTHERAPY 9-2:30PM	28 NUTRITION CONSULTATION 12:30-2:30	29 HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	30 NUTRITION CONSULTATION 12:30-2:30 HONOUR YOUR HEALTH 12:00-2:00PM	31 SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM

OUR HEALTH TEAM

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

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

