

DESCRIPTION OF EVENTS



HEALTH MARCH 2020

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 to talk with the Canada Revenue Agency about tax benefits and credits. *(Community Room)*.

PHYSIOTHERAPY

Jocelyn the physiotherapist, provides services and directly bills your MSP. Please bring your Care Card. Sign up at reception.

ACUPUNCTURE

Free. Pacific Rim College and students are here to provide acupuncture specific to your health needs. See reception for times and sign up.

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 every 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.

NUTRITIONAL CONSULTATION

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

HEALTH SUPPORT CIRCLE

Drop In. The circle provides support and education for those living with diabetes.

GARDENING GROUP

Our group meets weekly to work in our year round community garden on site. Closed toed shoes are recommended along with sun protection. *(Community Garden)*

Mon	Tue	Wed	Thu	Fri
2	GARDENING GROUP 1-2 PM	HERBAL CLINIC 12:30-2:30 PM A. A 7:30-8:30 PM	PHYSIO 9AM- 12PM NUTRITIONAL CONSULTATIONS 12:30-2:30 PM GARDENING GROUP 1-2 PM	SOUP LUNCH 12-1 PM ACUPUNCTURE 9:15-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9 PM
9 MEDITATION 12 PM	GARDENING GROUP 1-2 PM	HERBAL CLINIC 12:30-2:30 PM LUNCH & LEARN 12-1:30 PM A.A 7:30-8:30 PM	NUTRITIONAL CONSULTATIONS 12:30-2:30 PM GARDENING GROUP 1-2 PM	SOUP LUNCH 12-1PM ACUPUNCTURE 9:15-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9 PM
16	GARDENING GROUP 1-2 PM HEALTH SUPPORT CIRCLE 1-3 PM	HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30 PM	NUTRITIONAL CONSULTATIONS 12:30-2:30 PM GARDENING GROUP 1-2 PM	SOUP LUNCH 12-1 PM ACUPUNCTURE 9:15-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9 PM
23 MEDITATION 12 PM	GARDENING GROUP 1-2 PM	HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30 PM	NUTRITIONAL CONSULTATIONS 12:30-2:30 PM GARDENING GROUP 1-2 PM	SOUP LUNCH 12-1 PM ACUPUNCTURE 9:15-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9 PM
30	GARDENING GROUP 1-2 PM			
31	GARDENING GROUP 1-2 PM			

SHONA – MENTAL HEALTH LIAISON WORKER
CHRISTINA – ADDICTIONS COUNSELLOR
SYLVIA AND CHRISTIE- HOMELESS OUTREACH WORKERS
VANESSA AND ANDREA- HEALTH SUPPORT WORKERS

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

