



# HEALTH JUNE 2022

Mon	Tue	Wed	Thu	Fri
		1  A.A 7:30—8:30 PM	2 COMMUNITY MASSAGE 10AM—1PM  LET'S TALK RECOVERY 3:30—5:00 PM	3 DAY SCHOOL SUPPORT 10AM — 4PM  WELLNESS IN GARDEN 1:30—3PM UNITY DRUMMERS 5:30—8:30PM A.A 6:45—8:15 PM
6  COMMUNITY ACUPUNCTURE 9:30 AM—2:30 PM	7 MASSAGE AND CUPPING 8:45 AM—12:00 PM  CIRCLE OF SUPPORT 6:00—8:00 PM	8 FINANCIAL WORKSHOP: TRUTH ABOUT CREDIT 11:15 AM—12:15 PM  A.A 7:30—8:30 PM	9 COMMUNITY MASSAGE 10AM—1PM  LET'S TALK RECOVERY: MAKING CEDAR ROSES 3:30—5:00 PM	10 WELLNESS IN THE GARDEN 1:30—3PM FOOTCARE 1:00—3:00 PM  UNITY DRUMMERS 5:30—8:30PM A.A 6:45—8:15 PM
13  COMMUNITY ACUPUNCTURE 9:30 AM—2:30 PM	14 MASSAGE AND CUPPING 8:45 AM—12:00 PM  CIRCLE OF SUPPORT 6:00—8:00 PM	15 LUNCH AND LEARN: FNHA BENEFITS 12:00—2:30 PM  A.A 7:30—8:30 PM	16 PLANT STORIES W/ J.B. WILLIAMS 10AM-12PM COMMUNITY MASSAGE 10AM—1PM  LET'S TALK RECOVERY 3:30—5:00 PM	17 WELLNESS IN THE GARDEN 1:30—3PM  UNITY DRUMMERS 5:30—8:30PM A.A 6:45—8:15 PM
20  COMMUNITY ACUPUNCTURE 9:30 AM—2:30 PM	21 NATIONAL INDIGENOUS PEOPLES DAY  VNFC CLOSED	22   A.A 7:30—8:30 PM	23 COMMUNITY MASSAGE 10AM—1PM  LET'S TALK RECOVERY: ART WITH SHONA 3:30-5PM GRIEF SUPPORT CIRCLE 5—8PM	24 WELLNESS IN THE GARDEN 1:30—3PM  UNITY DRUMMERS 5:30—8:30PM A.A 6:45—8:15 PM
27  NO COMMUNITY ACUPUNCTURE	28 MASSAGE AND CUPPING 8:45 AM—12:00 PM  CIRCLE OF SUPPORT 6:00—8:00 PM	29   A.A 7:30—8:30 PM	30 COMMUNITY MASSAGE 10AM—1PM  LET'S TALK RECOVERY 3:30—5PM	

## OUR HEALTH TEAM

Christina – Health Team Program Coordinator — [christina.k@vnfc.ca](mailto:christina.k@vnfc.ca)  
 Kalynka – Mental Health Liaison and Clinical Support — [kalynka.c@vnfc.ca](mailto:kalynka.c@vnfc.ca)  
 Isobel and Scott – Health Support workers — [isobel.d@vnfc.ca](mailto:isobel.d@vnfc.ca) or [scott.i@vnfc.ca](mailto:scott.i@vnfc.ca)  
 Sage – Addictions Support Worker — [addictionsupport@vnfc.ca](mailto:addictionsupport@vnfc.ca)  
 Sky – Cultural Addictions Support Worker — [culturaladdictionsupport@vnfc.ca](mailto:culturaladdictionsupport@vnfc.ca)

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



## DESCRIPTION OF EVENTS

**DAY SCHOOL SUPPORT**— Fred Wilson from Tsow Tun Lelum will be on site to provide 1-1 support with Day School Applications. Sign up with Isobel or Scott. Cultural Support and brushings will also be available on a drop-in basis. (*TBA*)

**COMMUNITY ACUPUNCTURE**— Pacific Rim College and students are here to provide acupuncture specific to your health needs. Sign up at reception. (*Wellness Room and the Cedar Rose Room*)

**COMMUNITY MASSAGE**— Students from West Coast College of Massage Therapy provide 50-minute massages. Contact reception to book an appointment (10AM, 11AM and 12PM). (*Wellness Room*)

**MASSAGE AND CUPPING**— Traditional Chinese massage, acupressure and cupping therapy provided by a traditional Chinese medicine practitioner in a one-to-one setting. Contact reception to book an appointment (8:45, 9:45, 10:45 AM). (*Wellness Room*)

**CIRCLE OF SUPPORT**— Weekly evening drop-in Support Circle for people impacted by substance use. Hosted by Addiction Support Workers. Pre-registration is NOT required. Doors open at 6PM with refreshments provided. (*Amphitheater*)

**WELLNESS IN THE GARDEN**— Weekly drop-in Wellness Support with Sage Birley in the VNFC Community Garden. Open space for anyone impacted by substance use to access mental health and wellness supports, connect with community, and learn about plant medicine and gardening. (*Garden*)

**LET'S TALK RECOVERY**— Weekly drop-in Recovery Support with Cultural Addiction Support Worker, Sky Bellefleur. Open space for people impacted by substance use to access support in an informal setting. Art-based activities are scheduled: June 9—Making Cedar Roses with Ash and June 23—Art as Therapy with Shona. Light snack and tea provided. (*Amphitheater*)

**FOOTCARE**— Footcare and assessment provided by a Footcare Nurse. Diabetes Nurse is also available for questions, guidance and support. By appointment. Sign up with Scott or Isobel (scott.i@vnfc.ca or isobel.d@vnfc.ca). (*Wellness Room*)

**GRIEF SUPPORT CIRCLE**— In partnership with Mom's Stop the Harm. Support for people impacted by addictions loss. Elder support, sharing circle and food provided. Registration is not required. For more information contact [addictionsupport@vnfc.ca](mailto:addictionsupport@vnfc.ca). (*TBA*)

**LUNCH AND LEARN: FNHA BENEFITS**— Join us for lunch with Community Relations Representative from the First Nation Health Authority to learn more about Health benefits and how to access them. Register with Isobel or Scott to attend. (*Amphitheater*)

**FINANCIAL WORKSHOP: TRUTH ABOUT CREDIT**— The VNFC Housing Team presents a workshop series about Finances in partnership with the Credit Counselling Society. Register with Raelene (Raelene.c@vnfc.ca), Katherin (Katherin.c@vnfc.ca) or Molly (molly.r@vnfc.ca). (*Board Room*)

**UNITY DRUMMERS**— The urban Indigenous community comes together to share songs and friendship. Family friendly. Everyone Welcome. (*Gym*)

**ALCOHOLICS ANONYMOUS**— Weekly Meetings. All are welcome. (*Amphitheatre*)

**ALL SERVICES ARE FREE FOR COMMUNITY  
CALENDAR SUBJECT TO CHANGE**