

DESCRIPTION OF EVENTS



HEALTH NOVEMBER 2021

FOOTCARE

Free. By appointment only. Footcare and assessment provided by a Footcare Nurse. Diabetes Nurse is also available for questions, guidance and support. (*Wellness Room*)

LUNCH AND LEARN

Free. Will Return Soon. Join us for lunch with a special guest to learn about various health and wellness topics. (*Community Room*)

ACUPUNCTURE

Free. 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*)

ACUPUNCTURE

Free. Nicole Brown is a registered acupuncturist who is here to provide acupuncture to the community. Sign up at reception. (*Wellness Room or the Cedar Rose Room*)

COMMUNITY LUNCH

Free. Will Return Soon. Join us for a healthy meal of soup, bread, and other goodies! A weekly gathering open to all. (*Gym*)

HERBAL CLINIC

Free. Pacific Rim College can create Herbal Medicine specific to your needs. Sign up at reception. (*Wellness Room*)

NUTRITIONAL CONSULTATION

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

HEALTH SUPPORT CIRCLE

Free. Will Return Soon. Drop In. The circle provides support and education for those living with health conditions. Blood sugar and blood pressure testing available. (*Cedar Rose Room*)

ALCOHOLICS ANONYMOUS

Weekly Meetings. All are welcome. (*Community Room*)

Mon	Tue	Wed	Thu	Fri
1 ACUPUNCTURE 9:30-2:30 PM	2	3 HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM	4 ACUPUNCTURE 12:30-4:30 PM	5 A.A 6:45-8:15 PM
8 ACUPUNCTURE 9:30-2:30 PM	9	10 HERBAL CLINIC 12:30-2:30 A.A 7:30-8:30PM	11 REMEMBRANCE DAY VNFC CLOSED	12 A.A 6:45-8:15 PM
15 ACUPUNCTURE 9:30-2:30 PM	16	17 HERBAL CLINIC 12:30-2:30 A.A 7:30-8:30PM	18 ACUPUNCTURE 12:30-4:30 PM	19 A.A 6:45-8:15 PM
22 ACUPUNCTURE 9:30-2:30 PM	23	24 HERBAL CLINIC 12:30-2:30 A.A 7:30-8:30PM	25 ACUPUNCTURE 12:30-4:30 PM FOOTCARE 1-3	26 A.A 6:45-8:15 PM
29 ACUPUNCTURE 9:30-2:30 PM	30			

OUR HEALTH TEAM

SHONA – MENTAL HEALTH LIAISON WORKER
CHRISTINA – ADDICTIONS COUNSELLOR
RAELENE AND TARA – HOMELESS OUTREACH WORKERS
VANESSA AND ISOBEL – HEALTH SUPPORT WORKERS

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

