

DESCRIPTION OF EVENTS



HEALTH JANUARY 2022

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)*

ACUPUNCTURE

Free. Pacific Rim College and students are here to provide acupuncture specific to your health needs on Mondays. 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 on Thursdays. 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. Will Return Soon. 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)*

UNITY DRUMMERS

Will Return Soon. The urban Indigenous community comes together to share songs and friendship. Family friendly. Everyone Welcome. *(Gym)*

ALCOHOLICS ANONYMOUS

Weekly Meetings. All are welcome. *(Amphitheatre)*

Mon	Tue	Wed	Thu	Fri
3 VNFC CLOSED	4	5 A.A 7:30—8:30 PM	6	7 A.A 6:45—8:15 PM
10 ACUPUNCTURE 9:30 AM—2:30 PM	11	12 A.A 7:30—8:30 PM	13 ACUPUNCTURE 12:30—4:30 PM	14 A.A 6:45—8:15 PM
17 ACUPUNCTURE 9:30 AM—2:30 PM	18	19 A.A 7:30—8:30 PM	20 ACUPUNCTURE 12:30—4:30 PM	21 A.A 6:45—8:15 PM
24 ACUPUNCTURE 9:30 AM—2:30 PM	25 FOOTCARE 1:00—3:00 PM	26 A.A 7:30—8:30 PM	27 ACUPUNCTURE 12:30—4:30 PM	28 A.A 6:45—8:15 PM
31 ACUPUNCTURE 9:30 AM—2:30 PM				

OUR HEALTH TEAM

CHRISTINA – ADDICTIONS COUNSELLOR
 KALYNKA – MENTAL HEALTH LIAISON AND CLINICAL SUPPORT
 VANESSA, ISOBEL AND SCOTT – HEALTH SUPPORT WORKERS

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

