

## DESCRIPTION OF EVENTS



# HEALTH OCTOBER 2018

### ALCOHOLICS ANONYMOUS

VNFC provides space for this group to hold it's meetings twice a week. Join them for coffee and support. (Community Room)

### LUNCH AND LEARN

Free. Join us for lunch with our guests from *The Cridge* as they share information on **Brain Injury** (Community Room)

### ACUPUNCTURE

Free. Sign up at Reception. (Wellness Room)

### CHIROPRACTOR

Dr. Youlton, drop in. Practitioner responsible for own billing. (ECD Playroom)

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

### MOCCASIN MAKING WORKSHOP

Free. Limited Spaces. Sign up with Sarah Underdown to join us in making your own pair of moccasins. (Youth Drop In Space)

### 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 front desk. (Wellness Room)

### NUTRITION 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. Light snack provided. (ECD Playroom)

### FOOTCARE WORKSHOP

Free. Everyone is welcome to come learn about proper foot health and care. Everyone Welcome. Drop In. Footcare assessments and care will also be provided by a footcare nurse (by appointment only made through reception)

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
	NUTRITION CONSULTATION 12:30-2:30	CHIROPRACTOR 10:30-1 PM HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM		SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
8	9	10	11	12
THANKSGIVING VNFC CLOSED 	MOCCASIN WORKSHOP 9-3 PM	LUNCH AND LEARN 12-1:30 PM A.A 7:30-8:30PM		SOUP LUNCH 12-1 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
15	16	17	18	19
	HEALTH SUPPORT CIRCLE 1:30-2:30 PM FOOTCARE WORKSHOP 1-3:30 PM NUTRITION CONSULTATION 12:30-2:30	CHIROPRACTOR 10:30-1 PM HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM		SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
22	23	24	25	26
	NUTRITION CONSULTATION 12:30-2:30	HERBAL CLINIC 12:30-2:30 PM A.A 7:30-8:30PM		SOUP LUNCH 12-1 PM ACUPUNCTURE 12:30-2:30 PM UNITY DRUMMERS 6-8:30 PM A.A 8-9PM
29	30	31		
	NUTRITION CONSULTATION 12:30-2:30	HERBAL CLINIC 12:30-2:30 PM HALLOWEEN A.A 7:30-8:30PM		

## OUR HEALTH TEAM

SHONA – MENTAL HEALTH LIAISON WORKER  
SHEAHAN AND PATRICK– ADDICTIONS COUNSELLORS  
ROBERTA AND RAELENE– HOMELESS OUTREACH WORKERS  
VANESSA AND SARAH– HEALTH SUPPORT WORKERS

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

