

ADDITIONAL SERVICES

❖ Wellness & Healing ❖

- Pacific Rim Herbal Medicine
- Nawayee Movement Yoga
- Reiki
- Massage Therapy
- Chiropractic
- Counselling (Adult & Youth)
- Psychologist
- Psychiatrist
- Health Clinic Workshops
- AA Meetings Mon, Wed, Fri
- Studio Art Process Group for Women
- Father's Group
- Friday Souper Lunch



Logo Created and Donated by
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FRIENDSHIP CENTRE**
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INTAKE SERVICES



**VICTORIA NATIVE
FRIENDSHIP CENTRE**

*Celebrating 45 years
of dedicated service
to Greater Victoria
Communities*

INTAKE SERVICES



We would like to acknowledge the Songhees and Esquimalt Nations for their gracious hospitality. It is an honour and a distinct pleasure to work within the Coast Salish People's traditional territory.

Hi'chka Siem, Kleco Kleco, Gelakasla

The Victoria Native Friendship Centre (VNFC) has been in existence for 45 years. VNFC provides services to an estimated 15,000 Aboriginal people living in urban settings in the Greater Victoria area, the 5,000 residents from the First Nation communities in the Southern Vancouver Island region and a sizable Aboriginal population from across Canada.

VNFC takes great pride in our exceptional approach to First Nation social issues.

We strive to promote the well being of urban Aboriginal people by providing services to strengthen individuals, families and communities.

The first step in accessing the many services VNFC offers is meeting with one of our Intake Workers. While your Intake meeting is brief, it is important as the Intake Workers gather information to refer you to the VNFC services and/or community resources best suited to your needs.

INTAKE SCHEDULE

An Intake Worker is available to assist you promptly on a first come, first serve drop-in or phone-in basis:

**Monday - Friday
9:00 to 10:45am & 2:30 to 3:45pm**

When you meet, the Intake Worker...

- Listens to your situation
- Asks you some questions to understand and clarify your needs
- Identifies if the support and/or services you need can be met within VNFC
- If so, the Intake Worker refers you to the appropriate services and their Worker contacts you within a week to follow-up
- If not, the Intake Worker gives you information about the available resources in the community
- Explains your right to Confidentiality, VNFC's protection of personal information and the Duty to Report

VNFC offers a wide range of culturally sensitive and educational pre-natal, child, youth, adult, family and health related programs and services to meet Community Members' needs:

- ❖ Little Paws Preschool (30 mos.-5 years) & Group Child Care (3-5 years)
- ❖ Early Childhood Development Programming & Supports (Prenatal-6)
 - ~Pre-natal Classes & Supports
 - ~Parenting Support Group
- ❖ Aboriginal Infant Development Program (Birth-3)
- ❖ Aboriginal Supported Child Development Program (Birth-12)
- ❖ FASD Key Worker & Parent Support Program (Birth-18)
- ❖ Youth Services (13-24) & Youth Drop-In (12-19)
- ❖ Family Services
- ❖ Career & Education Supports
- ❖ On-site Aboriginal Doctor & Nurse Practitioner
- ❖ Awakening the Warriors Within Programs
- ❖ Homeless Outreach Support
- ❖ Health Support
- ❖ Legal Support (twice a month)
- ❖ Wheelchair Accessible Facility