

● Weekly
● Bi-weekly
● Monthly

Multifaith Program Guide | Fall 2026 at the Multifaith Centre

Explore community, spirituality, and well-being on campus.

Monday

Tuesday

Wednesday

Thursday

Friday

Multifaith Food Share | Monday to Friday 8:30-4p.m. | Sept 1 - Dec 23

● Heart to Heart 8:30-11am Sept 14-Nov 30 ● Yoga for Your Wellbeing 3:30-4:20pm Sept 15-Dec 7 ● Learn to Meditate 4:30-5:20pm Sept 14-Dec 7 ● Where Streams Meet 5-7:30pm Sept 14-Nov 30 ● Jewish Study Circle 7-8:30pm Sept 7-Dec 21	● Heart to Heart 8:30-11am Sept 15-Dec 1 ● Forest Bathing 3-4:15pm Sept 22-Nov 17 ● Fostering Community 4-5pm Sept 15-Dec 1 ● Belonging Dinner 4-7pm Sept 22-Nov 17 ● Catholic Mass 4:30-5:30pm Sept 15-Dec 15 ● Zen Buddhist Meditation 7-8:30pm Sept 8-Dec 8	● Heart to Heart 8:30-11am Sept 16-Nov 25 ● Noon Meditation 12:15-12:50pm Sept 9-Dec 9 ● Pet Café 2-3:30pm Sept 16-Dec 9 ● Campus Caring Project 3:30-4:30pm Sept 9-Dec 2 ● Bible Study 4-5pm Sept 16-Nov 18 ● Inclusive Christians 5-7pm Sept 9-Dec 9 ● Healing & Prayer Circle 7-7:30pm Sept 9-Dec 9 ● Study of Baha'i Writings 7:30-8:30pm Sept 9-Dec 9	● Heart to Heart 8:30-11am Sept 17-Nov 26 ● Yoga for Your Wellbeing 3:30-4:20pm Sept 15-Dec 7 ● Learn to Meditate 4:30-5:20pm Sept 10-Dec 3 ● Meditation Soup Supper 5:20-6:30pm Sept 17-Nov 26 ● Catholic Mass 5:30-6:30pm Sept 17-Dec 17	● Voices in Motion 10:30-11:45am Sept 18-Dec 4 ● Jumuah Friday Prayers 1:30-2pm Sept 4-Dec 18 ● Soulful Spaces + Dinner 4:45-7:15pm Sept 11-Dec 11
Saturday ● Catholic Mass 4-6:30pm Sept 12-Dec 19 ● Sisters' Halaqa 7:30-9pm Sept 5-Dec 12				
Sunday ● Common Ground 2-4pm Sept 27-Nov 29				



Get more info on our programs, spiritual care providers, and our spaces here.

uvicwellness.ca | Follow us @uvicwellness

Let's Talk Faith & Justice Podcast

Join co-hosts Boston Laferté and Lyndon Sayers at the crossroads of faith and justice with special guests.
Sept 2026-Dec 2026
Lyndon Sayers: pastorlyndon@shaw.ca | CFUV

MORE INFO

UVIC | Wellness, Recreation and Athletics

All programs are held at the Multifaith Centre, next to Finnerty Gardens, unless otherwise indicated.* | All programs are free to attend.

Belonging Dinner: Cook. Taste. Connect.*

In-person communal cooking, mindful eating, cultural sharing, and community-building.
Tuesday 4-7p.m.

Sept 22, Oct 6, 20, Nov 3, 17

Min-Goo Kang: mkang@united-church.ca

*RM.230 at the Student Wellness Centre
Registration is required.

Bible Study

Gather to discuss Scripture, pray, and nurture ecumenical community with fellow students.

Wednesday 4-5p.m. | Sept 23, Oct 21, Nov 18

Reba Yeo: rebeccalyeo@uvic.ca

Campus Caring Project

Share and discuss what's been effective, and sometimes even life changing during your time on campus and beyond.

Wednesday 3:30-4:30p.m. | Sept 9-Dec 2

Christopher Bowers: @campuscaringproject

Catholic Mass on Campus

The time to celebrate the Eucharist and receive the Holy Communion on Campus.

Tuesday 4:30-5:30p.m.; Thursday 5:30-6:30p.m.;

Saturday 4-6:30p.m.

Sept 12-Dec 19

David Shulist: dshulist@uvic.ca

Common Ground

Monthly guest speaker series exploring transformative ideas and insights for fostering peaceful, sustainable, and thriving communities at both local and global levels. Held on the last Sunday of each month followed by refreshments.
Sunday 2-4 p.m.

Sept 27, Oct 25, Nov 29

Vafa Javanmardi: vafa1212@hotmail.com

Laura Lee: lauralee99@hotmail.com

Forest Bathing with Tracey Cook*

A science-backed wellness practice that invites us to slow down, unplug, attune our senses to the natural living world around us.

Tuesday 3-4:15p.m. | Sept 22-Nov 24

Patrick Walter: pwalter@uvic.ca

*Finnerty Gardens | Meet at MFC

Fostering Community through Conversation

Develop communication skills that make conversations come alive. Learn tools that support meaningful dialogue.

Tuesday 4-5p.m. | Sept 15-Dec 1

Christopher Bowers: whatsgonewell@gmail.com

Healing and Prayer Circle in Honour of Indigenous Children of Canada & the World

Prayers from diverse traditions in remembrance of children around the world in need of healing, protection, and hope.

Wednesday 7-7:30p.m. | Sept 9-Dec 9

Vafa Javanmardi: vafa1212@hotmail.com

Laura Lee: lauralee99@hotmail.com

Heart to Heart

Conferring with a spiritual counsellor in the Christian tradition available for fresh insight on challenges you may be facing (by appointment).

Monday-Thursday 8:30-11a.m. | Sept 15-Dec 1

Christopher Bowers: 250-213-5340

whatsgonewell@gmail.com

Inclusive Christians: Around the Table Campus Communion & Dinner

Gather for a simple Christian service of prayer, song, scripture, and contemplation. Our worship is centered around a gospel reading for which we take time to discuss and listen to student interpretations of the text. All are welcome. A free simple dinner is provided following the service.

Wednesday 5-7p.m. | Sept 9-Dec 9

Laura Kavanagh: laurakavanagh@uvic.ca

Jewish Study Circle*

Explore the weekly parsha and discuss and uncover lessons to help us find our purpose and what we can do to make the world a better place for everyone.

Monday 7-8:30p.m. | Sept 7-Dec 21

Fiona Prince: fiona@princeheron.com

Hybrid: *Online & In-person

Jumuah - Friday Prayers

Friday Prayers (Jumuah) is a time for Muslims to leave their day-to-day activities for a congregational prayer and sermon.

Friday 1:30-2p.m. | Sept 4-Dec 18

Imam Ebrahim Gadou

ebrahim.abdelmaqsoud@gmail.com

Learn to Meditate

Learn how to sit in a meditation asana (posture) and meditative breathing. These are group classes where a space is created for you to arrive as you are and find stillness under the facilitator's guidance. No previous meditation experience is expected.

Monday 4:30-5:20p.m. | Sept 14-Dec 7

Patrick Walter: pwalter@uvic.ca

Learn to Meditate with Sound & Silence

In this Learn to Meditate program, you are invited to integrate breath awareness and mindfulness as a regular part of your university experience.

Thursday 4:30-5:20p.m. | Sept 10-Dec 3

Patrick Walter: pwalter@uvic.ca

Meditation Soup Supper

Free dinner to relax and discuss topics related to meditation, mindfulness and community building and to plan activities such as gatherings and retreats, while sharing in a simple meal together.

Thursday 5:20-6:30p.m.

Sept 17, Oct 1, 15, 29, Nov 12, 26

Patrick Walter: pwalter@uvic.ca

Noon Meditation

Bring mindfulness into your life and strengthen your own practice in community. We start with a basic meditation instruction and followed by a 20-minute breath focused meditation.

Wednesday 12:15-12:50p.m. | Sept 9-Dec 9

Patrick Walter: pwalter@uvic.ca

Pet Café

De-stress and make some friends. Visit Pet Café for cuddles with therapy dogs while enjoying free coffee, tea, and cookies.

Wednesday 2-3:30p.m. | Sept 16-Dec 9

Reba Yeo: rebeccalyeo@uvic.ca

Sisters's Halaqa

Each week, a different principle will be explored. All women are welcome whether you identify as religious, spiritual-but-not-religious, or simply curious to learn more about Islam.

Saturday 7:30-9p.m. | Sept 5-Dec 12

Grace Khalifa: gracekhalifa@gmail.com

Soulful Spaces + Dinner

Weekly, student-led discussions that explore personal & social issues through a spiritual lens. Discussions followed by free dinner.

Friday 4:45-6p.m.; Free dinner 6-7:15p.m.

Sept 11-Dec 11

Vafa Javanmardi: vafa1212@hotmail.com

Laura Lee: lauralee99@hotmail.com

Study of Baha'i Holy Writings

A reflective study of the foundational scriptures of the Bahá'í Faith, focusing on the writings of the Báb, Bahá'u'lláh, and 'Abdu'l-Bahá.

Wednesday 7:30-8:30p.m. | Sept 9-Dec 9

Vafa Javanmardi: vafa1212@hotmail.com

Laura Lee: lauralee99@hotmail.com

Voices in Motion

A joy-filled choral experience. Choir members include adults with memory loss, their care partners, students and community members. No previous singing experience required.

Friday 10:30-11:45a.m. | Sept 18-Dec 4

Reba Yeo: rebeccalyeo@uvic.ca

<https://voicesinmotionchoirs.org/>

Where Streams Meet

A space for queer and trans people of colour to gather, build relationships, honour cultural identity, and explore belonging, spirituality, and faith in an affirming environment.

Monday 5-7:30p.m. | Sept 14-Nov 30

Min-Goo Kang: mkang@united-church.ca

Jade Sia: sia.malcolm@gmail.com

Yoga for Your Wellbeing with Agi Mallory

This gentle and welcoming 50-minute class will guide you to relax and restore right where you are in your practice or fitness level. Everyone is welcome.

Monday & Thursday 3:30-4:20p.m. | Sept 14-Dec 7

Patrick Walter: pwalter@uvic.ca

Zen Buddhist Meditation

This class includes sitting & walking meditation, chanting, and a talk by a priest from the Zenwest Buddhist Society. The concept of "Zen" involves meditation for self-discovery and to clear the mind of distractions, which can help improve concentration and find inner peace.

Tuesday 7-8:30p.m. | Sept 8-Dec 8

Kosen Eshu, Osho: zen@uvic.ca

Multifaith Food Share | Monday to Friday 8:30-4p.m. | Sept 1 - Dec 23