

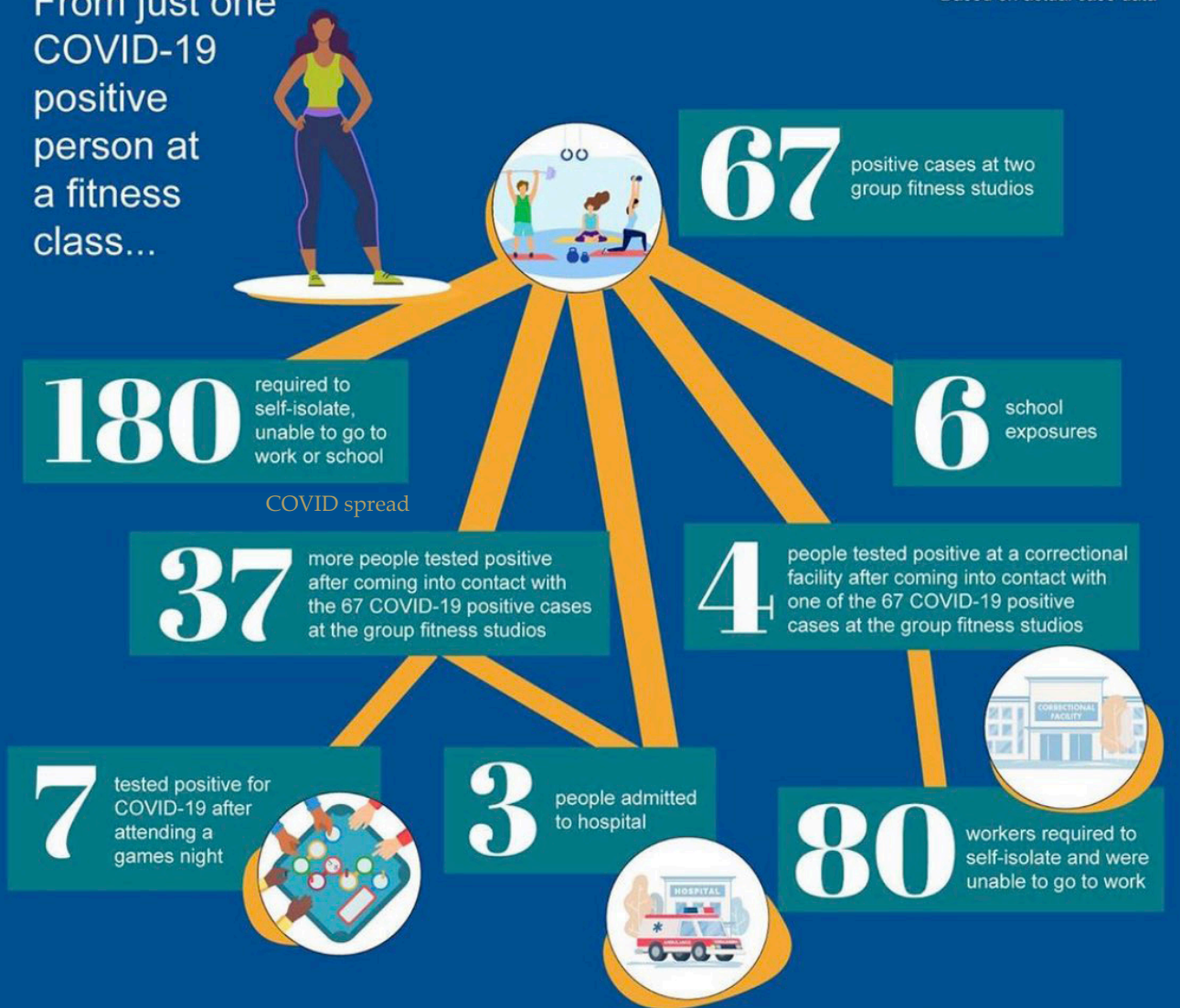
NEWSLETTER

DECEMBER
EDITION
2020



From just one
COVID-19
positive
person at
a fitness
class...

Based on actual case data



Example of COVID spread, based on data from the Fraser Health Region • November 2020

Stay safe and join our virtual workout classes with Let's Move Studio today! See last page for details.

Q'wemtsin Health Society • 250.314.6732
130 Chilcotin Road, Kamloops BC V2H 1G3
qwemtsin.org



Q'wemtsin
HEALTH SOCIETY

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Staff Profile

Introducing Health Care Assistant:

Danika Kasten



Hello! My name is Danika Kasten.

I was born and raised in Kamloops. I attended TRU. Graduating with my careaide certificate. I've been a careaide for over six years now and have loved every moment.

I eventually would like to go back to school and become a pastry chef.

My hobbies include hiking, kayaking, and camping. I love travelling and have been to many different places all over the world. Being able to experience these places at a young age has been amazing.

I've been with QHS for over a year now and every day working here has shown me what teamwork looks like and being able to come to work every day, and feel welcome has made my experience here very pleasant!

Thank you,

Danika Kasten



Q'wemtsin Health Society

130 Chilcotin Road Kamloops, BC V2H 1G3

December 1, 2020

To Whom It May Concern:

The Q'wemtsin Health Society office will be closed for regular business from December 21, 2020 to January 1, 2021. During this time we will be providing essential services and the nurses will be checking the phone messages and faxes regularly. If you need to speak to a nurse, please leave a message at the front desk (not individual voicemails) as only the front desk messages will be retrieved. Please use our **nursing fax line 250-828-6738** to protect privacy when sending information to QHS.

Q'wemtsin Health Society will re-open for regular business on January 4, 2020. If you have any questions, please, feel free to call me at 250-314-6732.

May your season be filled with Joy and Love!

A handwritten signature in cursive script, reading 'Colleen Lessmann'.

Colleen Lessmann

Health Director



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



How to isolate

For those who have COVID-19 or respiratory symptoms

April 15, 2020

Follow the advice that you have received from your health care provider. If you have questions, or you start to feel worse, contact your health care provider, 8-1-1, your local public health unit, or complete the COVID-19 Symptom Self-Assessment tool by visiting covid19.thrive.health.

Stay home for at least 10 days after onset of symptoms

- Do not go to work, school, or public areas including places of worship, stores, shopping malls and restaurants.
- Do not use public transportation, taxis or rideshares.
- If leaving your home for medical care, call ahead and tell the medical facility that you are coming in so they can prepare for you.



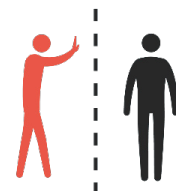
Do not have visitors to your home

- It is okay for friends, family or delivery drivers to drop off food or other necessities, but try to have them drop off deliveries outside your home.
- Keep away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, heart disease or weakened immune system).



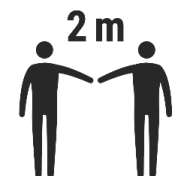
Avoid contact with others at home

- Stay and sleep in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).



Keep distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Wash your hands after emptying the wastebasket.



Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Wear a mask over your nose and mouth

- Wear a mask (surgical or procedure mask) if you must leave your house to see a health care provider.
- Wear a mask when you are with other people.



Recovery and ending isolation

You are required to stay home and isolate for a minimum of 10 days from the onset of any symptoms. You may return to your regular activities if:

- *At least 10 days have passed since the start of your symptoms, AND*
- *Your fever is gone without the use of fever-reducing medications (e.g. Tylenol, ibuprofen), AND*
- *You are feeling better (e.g. improvement in cough, runny nose, sore throat, nausea, vomiting, diarrhea, fatigue).*
- Coughing may persist for several weeks, so coughing alone does not require you to continue to isolate. If you are experiencing your usual symptoms of seasonal allergies, you do not need to self-isolate.
- Sometimes people with COVID have mild illness, but their symptoms may suddenly worsen in a few days. If your symptoms worsen or you become short of breath, call your family physician or nurse practitioner for immediate medical attention. If you are unable to reach your regular care provider, seek care in a COVID-19 Assessment and Treatment Centre, Urgent & Primary Care Centre (UPCC) or Emergency Department.

Contact your local Public Health unit

Visit immunizebc.ca/finder to locate your nearest public health unit

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

Learn more at bccdc.ca/covid19

April 15, 2020
How to isolate: For those who have COVID-19 or respiratory symptoms



Ministry of
Health



BC Centre for Disease Control

**If you have fever, a new cough, or are
having difficulty breathing, call 8-1-1.**



QHS • SERVICES



QHS Service Evaluation

Complete a service evaluation form and have your name entered into the prize draw for a chance to win a brand new Windows laptop!!!

Submit your completed evaluation form either in person or email to qhs@qwemtsin.org by 3:00 p.m. on December 4th - the door prize draw will take place at 3:30 p.m.

Please note: The door prize draw is for registered band members of TteS, SIB and WPCIB.

For more information
or to request an evaluation form
call Q'wemtsin Health Society:

250-314-6732



qwemtsin.org



Q'wemtsín
HEALTH SOCIETY

Q'wemtsín Health Society Client Satisfaction Survey

Gender:

☐ Male ☐ Female ☐ Two-Spirited ☐ Non-Binary

Age:

☐ 18 years or less ☐ 19-44 years ☐ 45-65 years ☐ 65+ years

Band:

☐ TteS ☐ SIB ☐ WPCIB

What services are you accessing at Q'wemtsín Health Society?

☐ Pre/Post Natal Program ☐ Home and Community Care ☐ Mental Wellness
☐ Primary Health Care ☐ Public Health Services ☐ Dental Clinic
☐ Diabetes Program ☐ Massage Therapy ☐ Naturopath
☐ Respiratory Therapy ☐ Children's Oral Health Initiative (COHI)

1. Are you satisfied with the services that you receive through these programs?

2. Do you feel these programs provide you with the tools and knowledge to maintain a healthy lifestyle?

3. Do you feel that you receive an adequate amount of support from service providers?

4. Do the services meet your expectations? Why or why not?

5. What changes or recommendations would you suggest for the next year?

THANK YOU FOR YOUR PARTICIPATION!





Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



Dos and don'ts of self-isolation

For people who may have been exposed but do not have symptoms

May 22, 2020

If you have come into contact with an infected person, you are required to self-isolate. This does not necessarily mean that you have COVID-19, but you are at risk for developing the disease and passing the infection on to others.

As of March 25, 2020 it is mandatory Under the [Quarantine Act](#) that anyone arriving in British Columbia from outside of Canada to [self-isolate](#) and monitor for symptoms for 14 days upon their arrival and [complete/register a self isolation plan](#).

There are some [individuals who are exempt from this order to provide essential services](#), but they still require a self-isolation plan and need to self-monitor for symptoms.

- | | |
|--|---|
| <ul style="list-style-type: none">✓ Do stay home for 14 days<ul style="list-style-type: none">▪ Work from home▪ Use food delivery services or online shopping✓ Do keep in contact with friends<ul style="list-style-type: none">▪ Use technology, such as video calls, to keep in touch with friends and family▪ Host virtual meetings, hangouts, family dinners or playdates for your kids✓ Do get creative to prevent boredom in kids<ul style="list-style-type: none">▪ Get creative by drawing, painting or running back yard obstacle courses and games✓ Do monitor your symptoms<ul style="list-style-type: none">▪ If you develop symptoms, you should get tested for COVID-19 at a collection centre▪ If you are unsure or have questions, you can use the COVID-19 Self-Assessment tool by visiting bc.thrive.health or call 8-1-1 for advice.▪ If you are having trouble breathing, call 9-1-1▪ If travelling by ambulance, notify the dispatcher that you may have COVID-19 | <ul style="list-style-type: none">✓ Do protect others<ul style="list-style-type: none">▪ Wash your hands frequently (hand hygiene)▪ Cough into your sleeve (respiratory etiquette)▪ Keep 2 metres away from others (physical distancing)▪ Greet with a wave instead of a handshake, a kiss or a hug✓ Do continue to exercise<ul style="list-style-type: none">▪ Exercise at home▪ Go outside for some fresh air, a run, bike ride, rollerblade, snowshoe, walk the dog or get the mail – ensuring you stay 2 metres away from others✓ Do clean all high-touch surfaces<ul style="list-style-type: none">▪ High-touch surfaces: toilets, bedside tables and door handles should be cleaned daily using a store bought disinfectant. If not available use diluted bleach solution, one part bleach to 50 parts water (e.g. mix 10ml bleach with 500ml water), and allow the surface to remain wet for 1 minute▪ If they can withstand the use of liquids for disinfection, high-touch electronics such as phones, computers and other devices should be disinfected with 70% alcohol |
| <ul style="list-style-type: none">✗ Do not go to school, work or other public areas<ul style="list-style-type: none">▪ (e.g. malls, fitness centre, place of worship)✗ Do not have visitors<ul style="list-style-type: none">▪ Except for individuals providing care or delivering food/supplies, and in that case, maintain a distance of 2 metres | <ul style="list-style-type: none">✗ Do not use public transportation✗ Do not share personal items with others<ul style="list-style-type: none">▪ Including toothbrushes, towels, linens, thermometers, cigarettes, unwashed utensils, and electronic devices (such as phones and computers) |

If you develop symptoms of COVID-19, continue to isolate for a minimum of 10 days after onset of symptoms. People who have been exposed to a case of COVID-19 and those who are returning travellers must continue to isolate for 10 days from when your symptoms started OR 14 days from when you started self-isolating, whichever is later. If your condition worsens, contact your family doctor or call 8-1-1.

Frequently asked questions

What is the point of self-isolation?

This is one way every Canadian can help slow the spread of this virus in their community and protect their friends, family, and health care workers.

Why should I self-isolate myself for 14 days if I don't have symptoms?

You can be sick and not know it yet. It is important to stay at home because you can develop symptoms at any time.

Can I go to work?

No. You could put your co-workers at risk. Many employers have made arrangements for working from home.

Can I use taxis/public transit/ride share?

No. You cannot ensure sure that you are 2 metres from other people. Using taxis, public transit, and ride shares puts the public at risk.

Should I go to a medical appointment?

If you must seek medical care, wear a mask. Try to expose as few people as possible and notify your health care provider in advance so they can make arrangements to see you safely. Walk or drive yourself to your appointment if possible.

Can I go for a walk outside?

Yes. It is important to continue to exercise. BUT it is important that you avoid crowded areas and stay at least 2 metres from other people. You should wash your hands before you leave your home and when you return.

Can I go to the pharmacy to pick up my medication?

No. If you need medications, use a pharmacy delivery service or ask a friend to pick them up and bring them to your home.

Can I get the mail and newspaper?

If your mail is delivered directly to your house, it is ok to go to your mailbox. Make sure you wash your hands. If your mail is delivered to an apartment or community mailbox, or the post office, ask a friend to pick-up and deliver to you.

Can I go through a drive-through for coffee/food?

No. There is a risk of infecting other community members, including food service workers. Use delivery services or ask someone to deliver coffee or food to you.

Should I cancel my haircut/pedicure/spa treatment?

Yes. These are examples of non-essential appointments. You would be exposing your service providers and the public to unnecessary risk.

Can I have visitors?

No. Use technology, such as video calls, to keep in touch with friends and family.

Can I have playdates for my kids or playdates in my home?

No. Consider novel ways to keep in touch like virtual meetings, hangouts, family dinners or playdates for your kids.

Can children play outdoors together? Can my child have a sleepover with children who are also self-isolating?

No. Children need to keep 2 metres away from other people.

Learn more at bccdc.ca/covid19

May 22, 2020
Dos and don'ts of self-isolation: For people who may have been exposed but do not have symptoms



Ministry of
Health



BC Centre for Disease Control

**If you have fever, a new cough, or are
having difficulty breathing, call 8-1-1.**





Virtual Wellbriety Support Group

Open Daily Zoom Meetings

EVERYONE IS WELCOME TO ATTEND

Every Day, Monday to Friday

1:00 pm to 3:00 pm Pacific Daylight Time

Join by clicking this link or copy and paste the link into a web browser <https://us02web.zoom.us/j/84428458473>

Dial in option: 1-778-907-2071

Meeting ID: 844 2845 8473

For more information contact:

Dave Manuel, TteS Wellness Counsellor
250-372-5030 dave.manuel@kib.ca

Me7 knucwentwécw-kp (help one another)

8

**Me7 yegwyúgwt-k ell me7 yegwyúgwt ke7 púsmen
(Keep healthy and strong in body and mind)**

Take Home Naloxone

Naloxone (also known as Narcan) is a medication called an “Opioid Antagonist” used to counter the effects of Opioid overdose, for example Fentanyl, Morphine and Heroin overdose.

Naloxone can be administered either by intramuscular injection or by nasal spray. Take Home Naloxone Kits which include the intramuscular injection can be accessed by any individual, free of charge. Naloxone nasal spray can be accessed by any individual obtaining First Nations Status, free of charge.

If you're interested in receiving either of these products please contact either Diane Procter or Bobbi Sasakamoose at your local Health Clinic.

Q'wemtsin Health Society
Bobbi Sasakamoose
250-314-6732
bobbi@qwemtsin.org

Skeetchestn Health Clinic
Diane Procter
250-373-2580
dprocter@qwemtsin.org





Cranberry Delicious Brussels Sprouts

Ingredients

2 pounds fresh Brussels sprouts,
de-stemmed and quartered

1 ½ cups fresh cranberries

1/3 cup water

1 T balsamic vinegar

1 T maple syrup

1/3 cup pecans, chopped

2 T gorgonzola cheese crumbles

Directions

In a large covered skillet, over medium heat, cook Brussels sprouts, cranberries in water for 10 minutes or until desired tenderness is reached. Stir Occasionally.

Once the desired tenderness is reached, remove from heat and mix in balsamic vinegar, maple syrup, pecans and gorgonzola cheese.

Makes 10 Servings • 1 Serving is ¾ cup • 70 calories • 3g fat • 35 mg sodium • 0mg cholesterol • 8g carbohydrate • 3g fiber • 3g protein



Food Skills for Families

Healthy Cooking on a Budget

Join QHS Dietitian, Laura Kalina, and Community Wellness Champion, Bobbi Sasakamoose, for a Virtual Food Skills for Families program every Wednesday from January 20th - February 24th from 10:30 a.m. - 12:30 p.m.

All ingredients are included and will be delivered to homes on reserve the day before the virtual class occurs.

Limited space available, so reserve your spot today!

For more information or to
sign-up call Q'wemtsin Health
Society:

250-314-6732



Q'wemtsín
HEALTH SOCIETY

 [qwemtsin.org](https://www.qwemtsin.org)

QHS • Presentation



Special Guest: Art Napoleon

From APTN's Moosemeat & Marmalade

Follow our Facebook page from December 1st through to the 3rd, to view three special presentations facilitated by Art Napoleon, specifically for the three communities served by Q'wemtsin Health Society.

Then join us live for a virtual keynote presentation hosted by Art Napoleon on Tuesday, December 8th from 6:30 - 7:30 p.m.

Please join the presentation from your computer, tablet or smartphone:

<https://global.gotomeeting.com/join/893166965>

You can also dial in using your phone:

Canada (Toll Free): 1-888-299-1889

Canada: 1-647-497-9373

Access Code: 893-166-965

New to GoToMeeting? Get the app now:

<https://global.gotomeeting.com/install/893166965>



**For more information call
Q'wemtsin Health Society:**

250-314-6732

QHS • SERVICES



Q'wemtsin Health Society Virtual Health and Wellness Fair

It's not too late to join in on the fun!

In lieu of our Annual Health and Wellness Fair, QHS will be hosting a Virtual Health and Wellness Fair! Each business day throughout the month of November a new health or wellness related video will be uploaded to our Facebook page, watch it and answer the daily question found on your passport. Then drop off your completed passport at QHS between November 30th - December 4th to be entered into the door prize draws!

For more information or
to request a passport call
Q'wemtsin Health Society:

250-314-6732



qwemtsin.org



Q'wemtsín
HEALTH SOCIETY

Q'WEMTSÍN HEALTH SOCIETY VIRTUAL HEALTH AND WELLNESS FAIR PASSPORT



In order to follow along with the QHS Virtual Health and Wellness Fair the first thing that you need to do is follow us on Facebook. To do this, login to Facebook, search Q'wemtsín Health Society and 'like' our page!

Then each business day throughout the month of November watch for the newest video to be uploaded. The questions found within this questionnaire will correlate with the daily video and the answers can be found directly within that video, so watch carefully.

Once you have answered all twenty-one questions, complete the evaluation form found on page three. Then select which prizes you'd like to have your name entered to win on page four and don't forget to provide your name and number!

Finally, once all four pages have been completely filled in, return your passport to QHS – No later than 3:00 p.m. on December 4th.

The door prize draw will take place on December 4th at 3:30 p.m. via live stream on Facebook.

For more information contact Bobbi Sasakamoose

bobbi@qwemtsin.org | 250-314-6732



Q'wemtsin Health Society
Virtual Health and Wellness Fair – Questionnaire Passport

1. What is Gambling?

2. Name one symptom of Diabetes:

3. How many grams of sugar can be found within one teaspoon?

4. Does smoking or vaping put an individual at a higher risk for contracting COVID-19?

5. Name one item that can be found in the BC Hydro Energy Saving Kit:

6. How long does it take to thoroughly clean your teeth when you brush them?

7. Name one way that you can protect your brain from injury:

8. Approximately, how many people are living with Schizophrenia in British Colombia?

9. What is pain believed to be relative to?

10. Name one thing a Foot Care Nurse can do for your feet:

11. In Chinese Medicine, what is the emotion associated with the liver?

12. Name two of the warning signs for Alzheimer's Disease:



13. How many Secwépemc communities does the Secwépemc Health Caucus support?

14. How many science tricks were in the Big Little Science Centre's presentation?

15. What is the name of the intramuscular injection used to reverse an Opioid overdose?

16. What plant was planted in abundance at the Skeetchestn Community School?

17. What two items are accepted under the QHS Medication Return Program?

18. What ailment is Mullein used to treat?

19. What is another name for a Saskatoon berry?

20. What item do you need to have when visiting the QHS Dental Clinic?

21. How many beds does the Marjorie Willoughby Snowden Memorial Hospice have?



Q'wemtsin Health Society
Virtual Health and Wellness Fair – Evaluation Form

Gender:

☐ Male ☐ Female ☐ Two-Spirited ☐ Non-Binary

Age:

☐ 18 years or less ☐ 19-44 years ☐ 45-65 years ☐ 65+ years

Band:

☐ TteS ☐ SIB ☐ WPCIB

1. How did you feel about the QHS Virtual Health and Wellness Fair?

2. Did you find the daily presentations informative?

3. Would you participate in another Virtual Health and Wellness Fair?

4. Do you have any suggestions for next year?



Q'wemtsin Health Society
Virtual Health and Wellness Fair – Door Prize Selection!

Due to COVID-19 QHS cannot invite people into the office to view the door prizes ahead of time. Therefore, we ask that you pre-choose which items you would like to have your name entered in to win. Once you have answered all twenty-one questions in the questionnaire and fully completed the evaluation form you qualify for ten door prize entries!

In the list below identify how many tickets you would like to have entered per item. You can put them all in for one item or split them up between your favourites, but remember you only get ten entries.

Name of Participant:

Phone Number:

- _____ Date night theatre rental for two at the Paramount Theatre
- _____ EXIT Escape Room pass for four
- _____ Family one-month all access pass to Tournament Capital Centre
- _____ Family season pass to Kamloops Wildlife Park
- _____ \$100 Gift Card to White Spot
- _____ Family photoshoot
- _____ Two-hour private rental for five at the Cliffside Climbing Gym
- _____ Two adult day-lift passes to Harper Mountain
- _____ Big Chief Smoker
- _____ Canning Package
- _____ Fishing Package
- _____ Camping Package
- _____ iPad

Indigenous Wellness Champions



On Thursday, November 19th a few of the Indigenous Wellness Champions came together to pack another hundred harm reduction kits! This round of kits were put together in observance to National Addictions Awareness Week.

In addition to the regular harm reduction supplies that have been distributed the committee also added handsanitizer, either a toque or pair of gloves, and sixty-eight of the kits also included fabric face masks.

The Indigenous Wellness Chamapions would like to send out their appreciation to the seamstresses of Sewing the Curve Kamloops for donating the sixty-eight masks. This donation is greatly appreciated!

Let's Move Studio - VIP Virtual Passes

Let's Move Studio in conjunction with Q'wemtsin Health Society is proud to present:

LIVE Streaming yoga, dance and fitness classes!

With over 25 classes each week there is something for everyone!

Five month passes FREE for ALL community members!

To register contact Bobbi Sasakamoose at 250-314-6732 or apply online at:

<http://eepurl.com/hiv215>



December 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Dr. Day at qhs	2 Dental Day NP at qhs Naturopath at qhs	3 NP at sib Diala at qhs MHC at qhs	4 Dr. Day at qhs MHC at qhs	5
6	7 NP at qhs Massage at qhs Foot care at qhs	8 Dr. Day at qhs	9 Dental Day Naturopath at sib	10 NP at sib Diala at qhs MH at qhs	11 Dr. Day at qhs MH at qhs	12
13	14 NP at qhs Massage at qhs Foot care at qhs	15 Dr. Day at qhs Foot care at sib	16 Dental Day NP at qhs Naturopath at qhs MHC at qhs	17 Diala at qhs MHC at qhs	18 Dr. Day at qhs MHC at qhs	19
20	21	22	23 Closed for the holidays starting December 21– January 4	24	25	26
27	28	29	30 Closed for the holidays starting December 21– January 4	31		

Diabetic Educator—Diala
Respiratory Therapy—Kaden
Nurse Practitioner—NP

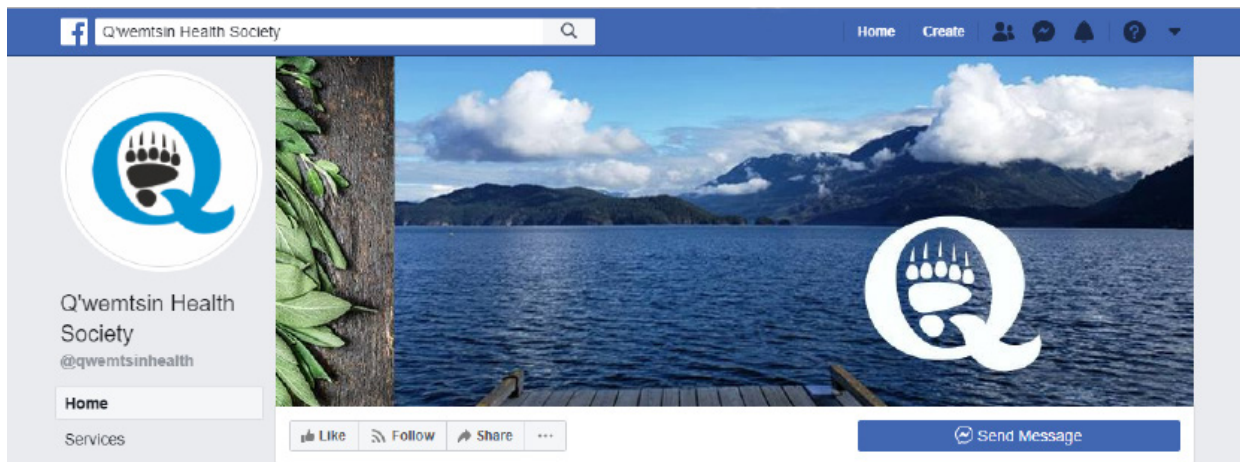
Craniosacral Therapy/Massage—Sheryl
Mental Health Clinician—MHC

Merry Christmas and Happy New Year
from our family to yours!





Find us “Qwemtsin Health Society” on Facebook. This is where you will see current events, workshops, reminders and photos of recent fun activities with youth and in the 3 communities.



Visit our Qwemtsin Health Society website

qwemtsin.org



[Home](#) [About Us](#) [Programs](#) [What's New](#) [Events & Calendar](#) [Resources](#) [Feedback](#) [Contacts](#) [↓](#)

mission



Advancing holistic health by providing programs, services, and education

vision



Healthy Secwepemc individuals, families and communities

Resource Numbers



Q'wemtsin
HEALTH SOCIETY

Emergency Assistance

Ambulance/Fire/Police.....	911
Children's Hotline.....	310-1234
Kids Helpline.....	1-800-668-6868
Interior Crisis Line Network	1-888-353-2273 (depression, poverty, abuse, homelessness, suicide)
Kamloops Urgent Response Team.....	250-377-0088
Kamloops Mental Health Intake	250-377-6500
Kamloops Street Services	250-314-9771
Kamloops R.C.M.P. Victim Services	250-828-3223
Kamloops Y Emergency Services	
Y Women's Emergency Shelter	250-374-6162
Children Who Witness Abuse.....	250-376-7800
Outreach Service.....	250-320-3110 (Mobile service for women and children who have experienced abuse)
Native Court Worker.....	778-375-3289
HealthLinkBC.....	811

Aboriginal Services

Q'wemtsin Health Society	250-314-6732
Urban Native Health Clinic.....	250-376-1991
Secwepemc Child and Family Services	
300 Chilcotin Road.....	250-314-9669
285 Seymour Street	250-461-7237
Toll Free number.....	1-866-314-9669
Interior Indian Friendship Society	250-376-1296
White Buffalo Aboriginal & Metis Society	250-554-1176
Secwepemc Cultural Education Society	778-471-5789
Native Youth Awareness Centre.....	250-376-1617
Aboriginal Training & Employment Centre	250-554-4556
Kamloops Native Housing Society	250-374-7643
Secwepemc HUB.....	250-571-1000
Shuswap Training & Employment Program	778-471-8201

First Nations Health Authority

Health Benefits (Toll Free).....	1-800-550-5454
Phone.....	1-604-693-6500
Toll Free.....	1-866-913-0033
Email.....	info@fnha.ca

RCMP

Tk'emlúps Detachment.....	250-314-1800
Kamloops City Detachment.....	250-828-3000 (Complaints General inquiries)
Downtown Community Policing.....	250-851-9213
North Shore Community Policing.....	250-376-5099
Southeast District	250-828-3111
TRU Law Legal Clinic.....	778-471-8490 (Free Legal Advice)

Addictions

Narcotics Anonymous.....	1-800-414-0296
Al-Anon/Alcoholics Anonymous	250-374-2456
Phoenix Centre.....	250-374-4634
Sage Health Centre.....	250-374-6551
Smokers Health Line	1-877-455-2233
Alcohol & Drug Information & Referral Services	1-800-663-1441

Kamloops Walk-in Clinics

Summit Medical Clinic	250-374-9800
Kamloops Kinetic Energy	250-828-6637
Kamloops Urgent Care.....	250-371-4905
North Shore Health Science Centre	250-312-3280
Kamloops Urgent Primary Care & Learning.....	250-314-2256

Royal Inland Hospital

Information.....	250-374-5111
Admitting	250-314-2450
Emergency	250-314-2289

Aboriginal Patient Navigator (RIH)

Deb Donald	250-314-2100 (ext. 3109)
Cassie Michelle.....	250-314-2100 (ext. 3109)

