

Weytk!

February  
2023



HELLO

*February*



Qwemtsin Health Society • 250.314.6732  
130 Chilcotin Road, Kamloops BC, V2H 1G3  
[qwemtsin.org](http://qwemtsin.org)



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## February Pellctsi7we7nten (Cache Pits Moon)

T7sellte777y ey re tmicw. M-yews ri7 re qelm77cw  
re s7cell7illens st77mi re s7elkw7stsillens ne  
ctsi77we7ntens.

The weather was still really cold. The people ate  
what they had stored away in their cache pits.



Q'wemtsin Health Society and the  
Skeetchestn Health Center will be closed  
in observance of Family Day.

Date: Monday, February 20th

Reopened: Tuesday, February 21st

If you have any questions or concerns  
please call QHS at 250.314.6732 or  
the Skeetchestn Health Center at  
250.373.2580

# February is Heart Month



Half of women who have a heart attack have their symptoms go unrecognized.

Heart disease and stroke are the #1 cause of premature death in women. But nearly 40% of Canadians don't know that. We need to increase awareness of the risks and symptoms specific to women. Educating healthcare professionals is just as crucial.

## Signs of a heart attack in Women....

Women don't always have the "Hollywood heart attack", with its characteristic chest clutching pain. If you experience any of these signs, call 9-1-1 immediately.



Chest Discomfort

Pressure, squeezing, fullness, burning or heaviness



Nausea



Shortness of breath

**F**ace is it drooping?

**A**rms can you raise both?

**S**peech is it slurred or jumbled?

**T**ime to call 9-1-1 right away.

Act **FAST**. Lifesaving treatment begins the second you call 9-1-1.

© Heart and Stroke Foundation of Canada, 2021.



Sweating



Upper body discomfort  
Neck, jaw, shoulder, arms,  
back



Light-headedness

### Women's signs of heart attack

The most common heart attack sign is chest pain or discomfort; however, women can experience a heart attack without chest pressure.

They may experience shortness of breath, pressure or pain in the lower chest or upper abdomen, dizziness, lightheadedness or fainting, upper back pressure or extreme fatigue

### Indigenous women and stroke

Access to diagnosis, treatment and support is a major issue for Indigenous women. Remote and isolated communities face challenges reaching timely life-saving acute stroke treatment as well as recovery support.

Social determinants of health such as poverty, education, affordable food and water, and unsafe living conditions have created a widening health gap.

# To Keep Your Memory--- Avoid doing the following

## **Skip the artificial sweeteners**

Artificial sweeteners such as aspartame can wreak havoc on brain health and may lead to cognitive decline later in life. Research has linked artificially sweetened beverages like diet soda to increased risk of dementia and Alzheimer's Disease. Animal studies suggest that aspartame in particular may negatively affect brain health as well as memory and cognition. One review suggests that aspartame may also be a chemical stressor on the brain that can lead to negative neurological symptoms and reduced cognitive function over time.

But don't overdo it on sugar either. High sugar intake has been associated with impaired memory and increased risk of dementia.

So, what's someone with a sweet craving to do? A little bit of real sugar—whether that comes from maple syrup, honey, or table sugar—is just fine. So, don't be afraid to add a teaspoon of sugar to your morning coffee, sweeten your yogurt with honey or enjoy the occasional cookie or ice cream. Aim to keep your added sugar intake to less than six teaspoons (24g) for women or nine teaspoons (36g) for men. The sugar found in fruit doesn't count towards this limit, so grab a bowl of fresh seasonal fruit to satisfy a sweet craving!

## **Don't skip out on exercise**

Exercise can help prevent cognitive decline by elevating the heart rate and increasing blood flow to the brain. Exercise also increases a chemical called brain-derived neurotrophic factor (BDNF), which plays a role in memory and cognitive development. Low BDNF levels have been associated with reduced cognitive function as well as Alzheimer's and Parkinson's Disease.

Aim to get about 30 minutes of low-to-moderate intensity exercise most days. This doesn't have to be all at once, and every bit counts. Choose exercise you enjoy whether that's running, dancing, hiking, yoga or walking. Activities of daily living like cleaning your house, gardening, or running around with your kids (or grandkids) can also contribute to your movement goals.

## **Don't be (too) introverted**

Social interactions may protect memory and cognitive function as you age. People who have strong social ties are less likely to experience cognitive decline. So even as you age, becoming a social butterfly is good for your health.

In an era where connecting via social media has replaced in-person connection, it's important to put down your phones and get together with family and friends IRL (in real life). Excessive screen time is associated with premature cognitive decline, suggesting that in person connection is even more important to brain health as you age.



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### **Don't brush off sleep problems**

Both quality and quantity of sleep matter when it comes to brain health (and overall health). Aim for seven to nine hours of sleep per night. Studies show that sleep deprivation increases the concentration of amyloid peptides in the brain, which may lead to Alzheimer's disease. Adequate sleep has the opposite effect.

If you are skimping on sleep, prioritize getting to bed earlier. If you have trouble falling or staying asleep, try eliminating any screen time an hour before bed and create a calming bedtime routine. Lastly, if you're waking up after seven to nine hours still completely exhausted, this could be a sign of other sleep problems like sleep apnea, so talk with your doctor about whether a sleep study or another intervention might be right for you.

### **Forget fad diets and expensive "superfoods"**

You do not have to focus on expensive fancy foods to find superfoods. Foods not traditionally considered to be "superfoods" like walnuts, beets and eggs all are linked to better cognitive function. In addition, foods like red peppers, oranges, strawberries and other vitamin-C rich foods may prevent cognitive decline, as vitamin C is linked to cognitive function.

While these foods may not be as fancy sounding as goji berries or matcha, focusing on variety and eating a well-balanced diet filled with a variety of plant-based foods is what matters most. Fruits, berries, vegetables, whole grains, beans, and fish contain antioxidants and nutrients to prevent cognitive decline.

### **Don't pass off stress as a normal part of life**

Some stress is unavoidable, but chronic stress that goes unaddressed can have a negative impact on the brain. In fact, several studies have linked psychological stress to increased risk of cognitive decline. Job strain at middle age has been linked to cognitive decline later in life as has major stressful life events.

Since it's impossible to eliminate stress from your life completely (for most people, at least!), find ways to cope with stress to reduce risk of cognitive decline. Try guided meditation or deep breathing exercises (apps like Stop. Breathe.Think. can be helpful), regular exercise, spending time outside, journaling or engaging in another hobby you enjoy. Most importantly, make time—even if it's just a few minutes a day—to take care of yourself.

### **Don't toss your egg yolks**

If an egg-white omelet is still your go-to brunch order (or post workout breakfast), you may want to rethink that habit. It is true that egg whites contain high quality protein, but the yolk is where all of the brain-boosting nutrients live, like choline and lutein. Only eating egg whites is not doing your brain any favors.

Higher choline intake is linked to better cognitive performance, yet most people fall short of the recommended 550mg per day for men and 425mg per day for women. One whole egg has 147mg of choline, which is one of the best food sources of this nutrient. If you're concerned about the cholesterol in eggs, know that dietary cholesterol has less of an effect on blood cholesterol (for most people) than we once thought. Unless you've been told by your doctor to limit eggs, there is no reason to skip the yolks.

If you don't love eggs, another good source of choline is chicken. "Dark and white meat chicken both contain vitamin B12 and choline, which together may aid in cognitive performance in older adults," says Manaker.

### **Don't drink (too much) alcohol**

Alcohol can affect memory and how the brain functions. Chronic excessive alcohol consumption can interfere with the brain's communication pathway by reducing the size of the neurons used to transmit information in the brain.

Regular over consumption of alcohol (more than 2 drinks per day) is linked to cognitive decline.

**Submitted By: Colleen Lessmann, Health Director**





# **Counselling services on-reserve at Skeetchestn**

**Ricardo T. Pickering** MC (Counselling Psych.), R.P., C.C.C

**Starting Feb 2, 2023, every Thursday from 9:30am to 3:30pm.**

**You can book your appointment directly with Ricardo. He will meet with you at the Skeetchestn Health Clinic and together you'll decide if you prefer to stay indoor or go for a walk or meet somewhere you enjoy for your appointment.**

Ricardo is a master clinical counsellor and EMDR therapist. He was born in Buenos Aires, Argentina where he grew up with total disregard for social classes, skin colors and political agendas. He came to Canada in 1984. After 26 years of work in the resources organizational environment he worked as a school and youth counsellor and opened a small office in Ashcroft. He has lived and worked within Canadian Aboriginal Communities for 15 years.

**TO BOOK YOUR APPOINTMENT CALL RICARDO  
DIRECTLY AT 250-842-8552  
Or email: [dickiepickering@gmail.com](mailto:dickiepickering@gmail.com)**

## **Safe, culture-infuse counselling and psychotherapy services**

Anxiety, Anger management, Assertiveness, Bereavement, Debriefing, Depression, Disability, Grief, Homesickness, Insomnia, Loneliness, (NSSI) Non-Suicidal Self-Injury), Relationship Issues, Panic attacks, Parental Separations, Substance abuse and addictions, School Counselling, Procrastination, Residential School trauma, Self-image, Self-esteem, Racism, Sex and sexuality, Stress, Suicidal ideation and prevention, and Trauma rehabilitation.





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• Notice



# Office Closure

Q'wemtsin Health Society and the Skeetchestn Health Center will be closed the following date and time for Staff Professional Development.

Date: Wednesday, February 8th

Time: 1:00pm to 3:30pm

If you have any questions or concerns please call QHS at 250.314.6732 or Skeetchestn Health Center at 250.373.2580



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[qwemtsin.org](http://qwemtsin.org)

# The Naturopathic Alphabet

Submitted by: Dr. Melissa Bradwell, ND

When most people think of licorice, they think of the chewy red or black candy. While traditionally used to sweeten these candies, licorice is also one of the most popular herbs in Naturopathic Medicine. Not only selected for its good taste, it also serves many benefits and can help improve a lot of symptoms and conditions. Most licorice is grown in Greece, Turkey, and Asia. Licorice contains a compound called glycyrrhizin (or glycyrrhizic acid).

Licorice has a long history of medicinal use in both Eastern and Western systems of medicine. Today, licorice is used for stomach ulcers, bronchitis, sore throat, as well as infections caused by viruses, such as cold sores.

Text BoxPeeled licorice root is available in dried and powdered forms. Licorice root is available as capsules, tablets, and liquid extracts. Licorice can be found with glycyrrhizin removed; the product is called DGL (for “deglycyrrhizinated licorice”), a form with fewer interactions.

## Some Health Benefits of Licorice Root

### Depression

There is research that shows that the Glycyrrhizic acid that is in licorice root can help with nervousness and depression by encouraging the function of the adrenal glands. Our adrenal glands control stress hormones including cortisol. When one’s stress hormone levels are low it can often be the cause of persistent fatigue, melancholy, anxiety, and having less resistance to infections and allergens.

### Cardiovascular Disease Studies and High Cholesterol

Bile is created in the liver to help break down fat that is ingested in our diet. There has been research that shows that licorice root may control the cholesterol ranges by enhancing the body’s flow of bile to eliminate cholesterol from the body. Also, the anti-oxidant action of licorice root may enhance capillary health and hinder the growth of arterial plaque.

### Menopause

The phytoestrogenic (plants that have an estrogenic action in the body) and anti-oxidant action of licorice root is thought to be useful for hormonal problems including exhaustion, mood swings, and hot flashes in women who are going through menopause. Just one capsule of licorice root daily can help balance and control a woman’s hormone production if she happens to be going through menopause.

### Menstrual and PMS Cramps

This herb has anti-inflammatory, antispasmodic, and a moderate estrogenic action which might assist with PMS symptoms including breast tenderness, menstrual cramps, nausea and bloating, not to mention mood swings. Consuming licorice root as a tea each day starting about three days prior to one’s menstrual start might help to alleviate PMS symptoms.

### Skin Problems

There has been some use of this herb as poultices and salves in treating eczema, skin rashes, psoriasis, and itchy and dry skin. A small medical research that was done indicates that the demulcent and anti-inflammatory agents in licorice root gel may decrease the signs of atopic dermatitis (eczema). Just applying a salve made from licorice root onto the area 2 to 3 times daily can help alleviate skin problems.

### Digestive Trouble

One more common use of licorice root is when it’s used to deal with digestive abnormalities and many issues with the intestines. The licorice root’s flavonoids can help with discomfort and inflammation of the digestive system. Also, soothing agents in licorice root may quiet and soothe the digestion system, which in turn can help with ulcers and help to promote a healthy bowel. Treatment would be to have some licorice root tea 2 to 3 times a day.





## Herpes and Shingles

Licorice root extract has been utilized in treating herpes simplex, sores, and shingles. Several studies show that the anti-viral action of the herb may suppress the return and progression of cold sores due to the herpes virus. Easy treatment for shingles and herpes would be to take capsule form of this root and to use a salve made of the same extract on the affected region topically.

## Side Effects of Licorice Root

Long term eating of licorice root might cause high blood pressure, hypokalemia (low blood potassium levels), cataracts, and the retention of fluid in the body. Consequently, it's not advised for individuals with heart problems. People that are allergic to Fabaceae (legume, pea, bean, or pulse) could be allergic to licorice root also since the herb is actually a member of the Fabaceae family.

Because of the estrogenic action in the root, it will be something that pregnant and nursing women should avoid. It's recommended to talk to your primary care physician to go over any potential problems that licorice root might cause if you're on any medication, specifically hormonal medications.



## Licorice Root Tea

**Boil 4-8 oz of water in a pot on stove**

**Add dried licorice root**

**\*\*1 tsp of root/4 oz of water\*\***

**Steep for 5 minutes**

**Strain into cup, discard root and enjoy!**

(You can also find boxed licorice root tea at most health food stores)



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# Anti-Bullying Day

## What is Bullying?

Bullying is a form of aggression where there is a power imbalance; the person doing the bullying has the power of the person being victimized.

### Types of Bullying:

- Physical-acts of aggression or force (e.g. hitting)
- Verbal-using words to verbally attack someone
- Social/relational-excluding someone, spreading rumors or ignoring them (e.g. gossiping)
- Cyberbullying-using electronic media to threaten, embarrass, or damage their reputation (e.g. sending threatening text messages)

Everyone deserves to feel safe in their home, school and community! If you are being bullied, tell someone like a trusted adult, your parents, or a teacher. Remember that “you are not alone” and “It’s not your fault”.

## Resources

Kids Help Phone:  
1-800-6686868

Text-I AM SOMEONE:  
Text '211' to talk

Chat online:  
<https://youthinbc.com/>

Bullying Canada:  
Call 1-877-352-4497 (follow prompts)  
Text by sms message: 1-877-352-4494  
Email: [Support@BullyingCanada.ca](mailto:Support@BullyingCanada.ca)

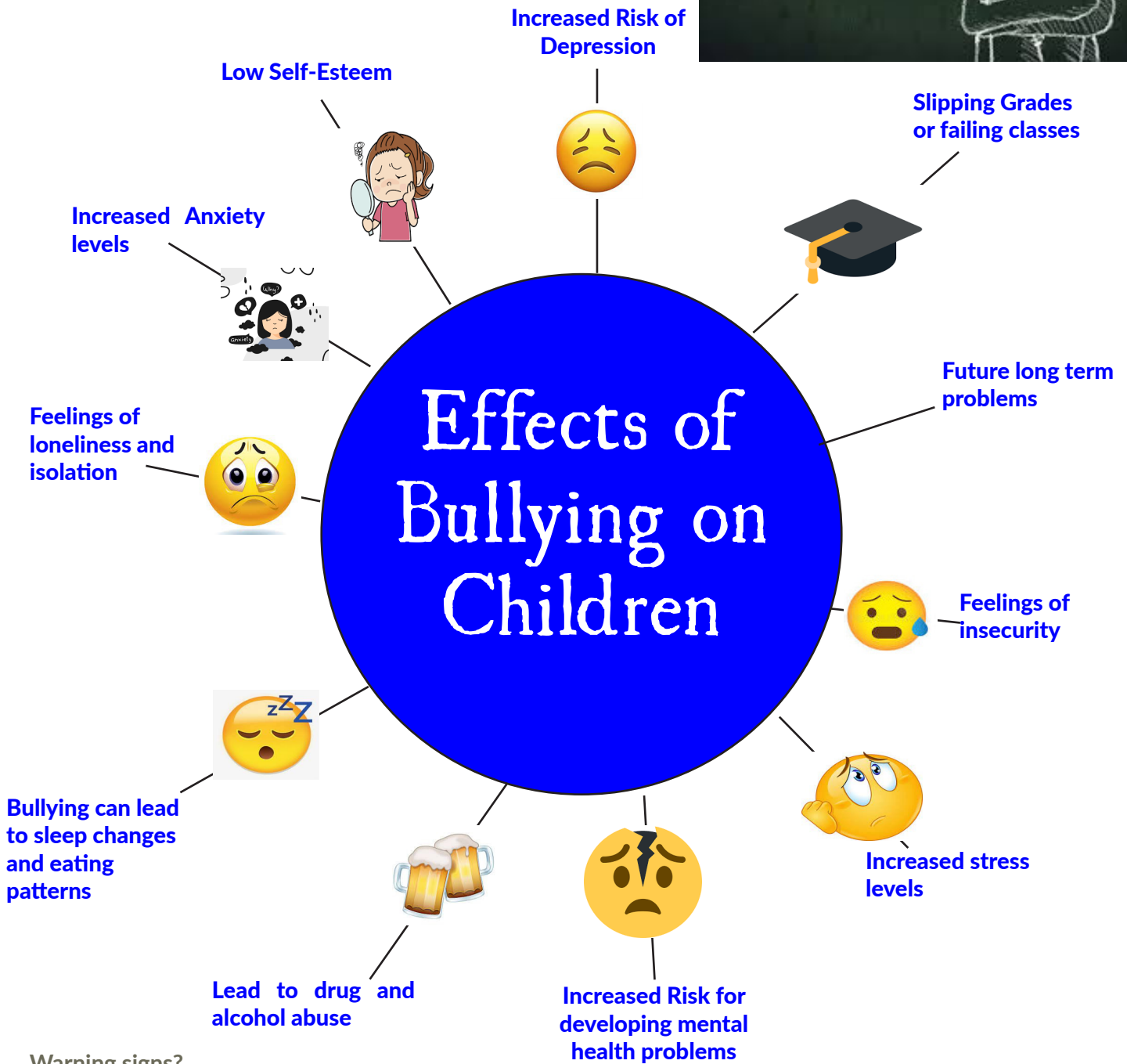
**Pink Shirt Day**  
**Wednesday,**  
**February 22**

 [qwemtsin.org](http://qwemtsin.org)



# Effects of Bullying

Bullying can affect mental, physical and emotional health during school years and into adulthood. It can lead to physical injury, social or emotional problems and in some cases, even death.



## Warning signs?

Children who are bullied may come home with unexplained injuries, “lost” books or damaged possessions. They may have trouble sleeping and lose interest in favorite activities. If they’re afraid to enter the cafeteria at lunchtime, they may come home hungry. They might pretend illness to avoid school, affecting their academic performance. Some may avoid social interactions, while some may begin to bully others. Victims may try to cope by harming themselves or running away.

# Q'wemtsin Health Society Coloring Contest



**For members of TteS, SIB and WP/Clinton Indian Bands.** In honor of Family Day, we are hosting a coloring contest. We are asking children from our three communities to draw a fun memory that they had with their family or friends in 2022. It could be anything from camping, to swimming or a fun family trip. Entries can be emailed or dropped off at either QHS or the Skeetchestn Health Center.

The winner will win a Family Pass to the Kamloops Wildlife Park!!!

**Contest  
Deadline:  
Monday, Feb  
17th @ 4PM**

For more information please call  
QHS at 250.314.6732 or Skeetchestn  
Health Clinic at 250.373.2580

Please email to:  
[lindsie@qwemtsin.org](mailto:lindsie@qwemtsin.org)  
[leeanne@qwemtsin.org](mailto:leeanne@qwemtsin.org)  
or  
Drop off at 130 Chilcotin  
Road





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# Mobile Mammogram Day

The Mobile Mammogram bus will be at Q'wemtsin Health Society and the Skeetchestn Health Center on the following dates:

- QHS Tuesday, April 11th, 2023
- Skeetchestn Health Center Thursday, May 25th

If you would like to book an appointment please call Q'wemtsin Health Society at 250.314.6732 or Skeetchestn Health Center at 250.373.2580

## Early detection saves lives!



To register you must  
be age 40+



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 [qwemtsin.org](http://qwemtsin.org)



# HEALTHY EATING MADE SIMPLE

WEDNESDAY  
**February**  
**8**

Join QHS Registered Dietitian, **Laura Kalina**, for a nutrition talk to learn more about how to **lower your risk of Diabetes and Heart Disease** and create healthy meals for the family.

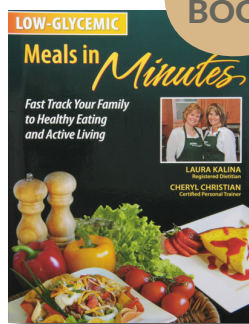
*This informative workshop will share tips on how to:*

### **Eat to Attain & Maintain YOUR Healthy Weight**

- 1 Learn about the **GLYCEMIC INDEX**  
–What it is and how to make it work to maintain healthy blood sugars and healthy weights
- 2 Reduce YOUR carbohydrate cravings and have more energy
- 3 Read nutrition labels to get more fibre and less sugar

Learn how to create **Healthy Meals in Minutes** using her Book **Low GI Meals in Minutes**.

**Every participant will get a copy of Dietitian Laura Kalina's book.**



**FREE BOOK**

**6–8pm**  
Location: Gym  
Dinner provided

**QUESTIONS?**  
Contact Lisa  
foodgarden@skeetchestn.ca  
250.373.2493 • Ext. 227



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qwemtsin.org

# ONLINE SAFETY

## A NWAC Fact Sheet For Parents and Caregivers of Indigenous Youth



**THE INTERNET** can be a **valuable resource for young people**, but it also comes with **risks**. **Online predators** infiltrate social media platforms that children use like **TikTok and Facebook** for manipulative and dangerous purposes. There is also a lot of readily available **misinformation** that can prevent your child from developing well-informed understandings around their health.

**It's important to monitor your child's internet use**, but we also know that parents today are busier than ever and it is not always possible to keep a close eye 24/7. Depending on the child's age, it's **also important to respect their privacy and build healthy and trusting relationships** where they can share with you if they are confused or concerned about something happening to them online.

**Indigenous kids**, especially those living in rural or remote areas, **may be more vulnerable to online manipulation** due to their desire to connect and find community where they can. No matter what their age, **it's always important to keep the conversation about online safety open and to be non-judgmental!**



### BASIC ONLINE SAFETY GUIDELINES TO DISCUSS WITH YOUR CHILD:

- Turn your location settings off.
- Never share personal information (e.g., address, phone number, school name).
- Never share passwords with anyone except with parents/guardians.
- Never agree to meet someone you've met online without your parents' knowledge and approval.
- Never respond to a threatening email, post, or message.
- Always tell a parent or trusted adult about any communication that has upset you.

### BASIC PARENTAL SUPERVISION GUIDELINES:

- Spend time online together to teach your child appropriate online behaviour.
- Stay up to date on the newest apps and trends in kids' lives.
- Monitor time spent on tablets or smartphones (e.g., only allowing computer use in a common room).
- Be aware of any unfamiliar account charges on your credit card or phone bills.
- Take your children seriously if they mention an uncomfortable online exchange.

### WARNING SIGNS THAT YOUR CHILD IS BEING TARGETED:

- Withdraws or seems distant while spending long hours online, particularly at night or when there is no supervision.
- Receives phone calls from individuals you don't know.
- Has new clothes or gifts that you don't recognize.
- Shuts off the computer or phone when you walk in.

### WARNING SIGNS THAT YOUR CHILD IS BEING TARGETED:

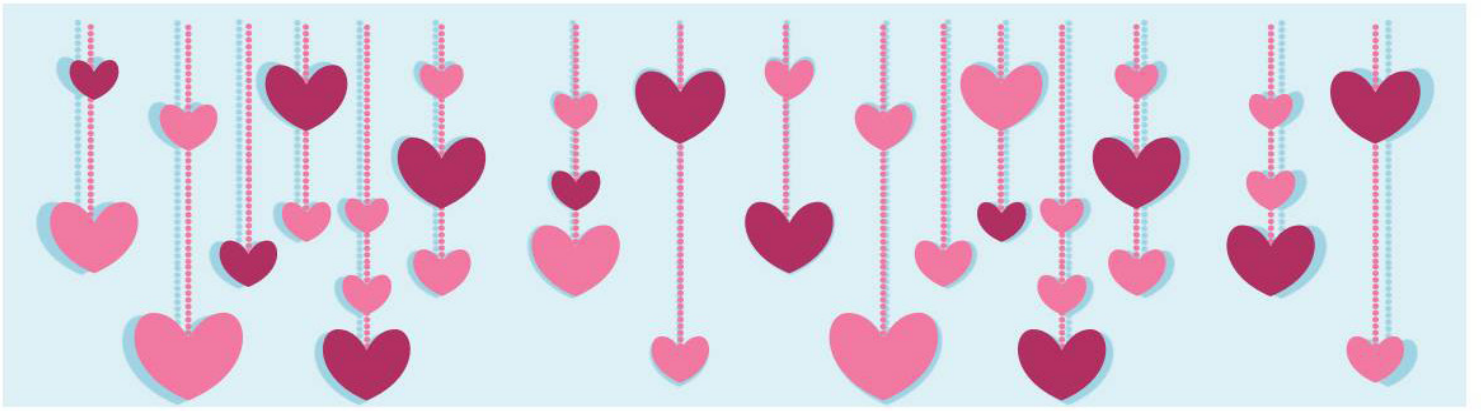
- 1) Be aware that online child sexual exploitation is a problem.
- 2) Talk to your kids openly and regularly. Help them feel comfortable turning to you if they experience issues online.
- 3) Look for warning signs.
- 4) Get help if needed by visiting [cybertip.ca](http://cybertip.ca).

Check out [www.stbbi.nwac.ca](http://www.stbbi.nwac.ca) for additional fact sheets and more!

Native Women's Association of Canada  
L'Association des femmes autochtones du Canada

Funding for this document is provided by Indigenous Services Canada. The opinions expressed in this document are those of the authors and do not necessarily reflect the official views of Indigenous Services Canada.





# COHI VALENTINE'S DAY PARTY

Come join us at Q'wemtsin Health Society for our COHI Team's Valentine's Day Open House for the kids and families.

Games & Prizes

Snacks

Oral Health Information

CHILDREN'S ORAL  
HEALTH  
INITIATIVE



FEBRUARY 16, 2023

12:00 – 4:00 P.M.

130 CHILCOTIN RD



# Notice to Skeetchestn Community

The Ashcroft Urgent and Primary Care Centre (UPCC) can address medical needs that require same-day attention. Depending on the nature of your injury and illness, you may be seen by a physician, a nurse practitioner, a registered nurse, or another allied health professional.

- Team-based care is available at the Ashcroft UPCC for urgent, non-life threatening illness or injuries that need attention within 12-24 hours
- No appointment is needed to access the Urgent and Primary Care Centre
- Patients are seen based on urgency
- If you would like to speak to a nurse, please call 8-1-1

Same-day drop-in visits will be seen based on urgency.

You can see a Doctor via Virtual Care during these times:

- Monday and Wednesday: 9 a.m. to 3:30 p.m.
- Tuesday, Thursday and Friday: 9 a.m. to 11:30 a.m.

If you would like more information about the Urgent Care Clinic or would like to book an appointment please call:



Phone: 250.453.2211



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# Safe Medication Disposal

Do you have old medications you are no longer using?

You can bring them into either Q'wemtsin Health Society or the Skeetchestn Health Clinic and we will ensure that they are properly disposed of and destroyed!



Simply bring in any old medications you or your household no longer need and we will destroy them for you. Medications can be brought in as is—in containers, blister packs, or how ever you had them stored.

Safely disposing of old pharmaceuticals can be a daunting task, so let us do the hard work for you! We will take them and properly dispose of them for you, keeping you and your household safe!

For more information please call QHS at 250.314.6732 or the Skeetchetn Health Center at 250.373.2580

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# Aboriginal Patient Navigator at RIH

Practical support is offered to aboriginal persons utilizing Interior Health services through hospital liaison and referral processes.

Our purpose is to provide a communication linkage between the patient, family, community and health care provider, assisting the care team with health care, mental health, substance use and discharge planning. Provides non-clinical services and is an adjunct to health care staff. Aboriginal Patient Navigators (APNs) work in hospitals and health centres throughout Interior Health.

APNs are available to support Aboriginal patients and their families during their care. Whether or not you wish to self-identify as Aboriginal, APNs are here for you. The goal of an APN is to help make your hospital care and journey to wellness safe, comfortable, and less confusing.

APNs are available to support your care journey and make it less stressful for you and your family.

Any member of your care team including your doctor or nurse can refer you to me. You can also request that I am part of your care team at any point during your care.



## APNs are available to:

- offer emotional and cultural support
- create a respectful space and help support the rest of your care team to provide care in a culturally safe way
- be part of your care and discharge planning team
- provide access to spiritual care for you and your family
- connect with your Elder or spiritual care provider to ensure you have access to them during your care
- contact language translation services

Having an Aboriginal Patient Navigator as part of the patient care team creates a safe space for Aboriginal patients to interact with the health system.



Kamloops Royal Inland Hospital  
Aboriginal Patient Navigator is Deb  
Donald.

Phone: 250-314-2100 (ext. 3109)

Cellphone: 250-319-5420



Family & Tots



# Group Skeetchestn

Did you know that playing is more than just for fun for kids. Playing is how children learn and how they work out who they are and where they fit in the world.

Play gives children:

- Confidence
- Helps develop social skills, language and communication
- Learn about caring for others and the environment
- Develop physical skills
- Play connects and refines pathways in the brain



## You are invited to our Family & Tots Group...

Family & Tots Group is open to new moms, dads, expectant moms, grandparents aunts and uncles. So please feel free to drop by the Skeetchestn Health Center we will be serving a light lunch and fun, healthy snacks for your toddlers!

This is also a great way for parents to socialize!



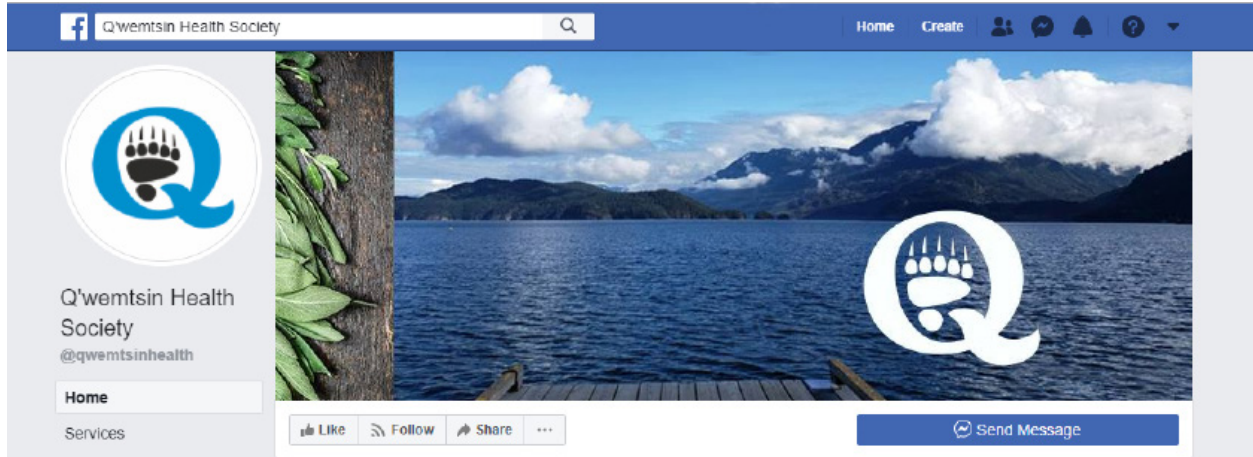
**Date: Wednesday,  
February 15**

**Time: 11:30am to  
1:30pm**

**Place: Skeetchestn  
Health Center**

**f Find us on  
Facebook**

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](http://qwemtsin.org)



**mission**



Advancing holistic health by providing programs, services, and education

**vision**



Healthy Secwepemc individuals, families and communities

# Resource Numbers



## Emergency Assistance

Ambulance/Fire/Police.....	911
Children's Hotline.....	310-1234
Kids Helpline.....	1-800-668-6868
Interior Crisis Line Network ..... (depression, poverty, abuse, homelessness, suicide)	1-888-353-2273
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..... (Mobile service for women and children who have experienced abuse)	250-320-3110
Native Court Worker.....	778-375-3289
First Nations and Aboriginal Specific Crisis Line. Available 24/7.	
Toll Free.....	1-800-588-8717
Youth Line.....	250-723-2040
Adult Line.....	250-723-4050
BC Poisen Control.....	1-800-567-8911

## Aboriginal Services

Q'wemtsin Health Society.....	250-314-6732
Urban Native Health Clinic.....	250-376-1991
Secwepemc Child and Family Services 153 Kootenay Way.....	250-314-9669
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

## RCMP

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

## Addictions

Narcotics Anonymous.....	1-800-414-0296
Al-Anon/Alcoholics Anonymous.....	250-374-2456
Phoenix Centre.....	250-374-4684
Raven Program.....	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

## 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)
Cellphone.....	250-319-5420

## First Nations Health Authority

Health Benefits (Toll Free).....	1-800-550-5454
Phone.....	1-604-693-6500
Toll Free.....	1-866-913-0033
Email.....	<a href="mailto:info@fnha.ca">info@fnha.ca</a>

