

Q'wemtsín HEALTH SOCIETY



December
Peltíteqem
2023

Happy
Holidays!



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



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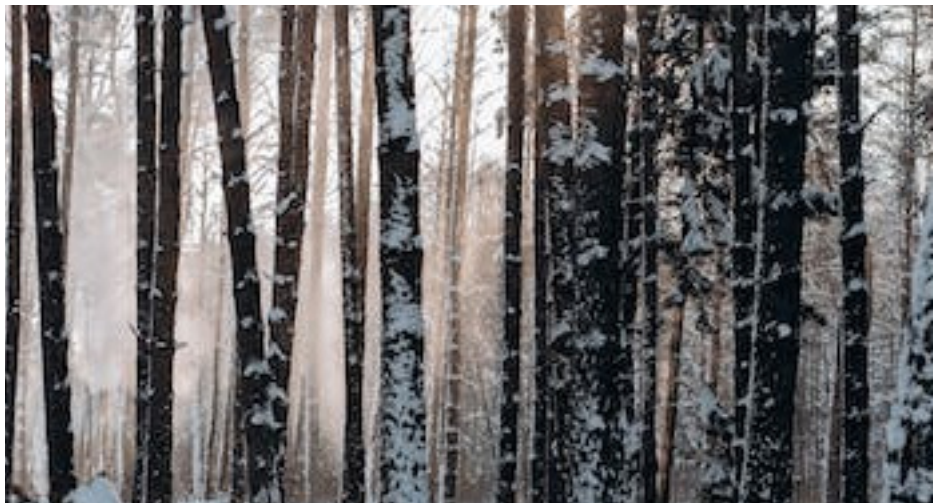
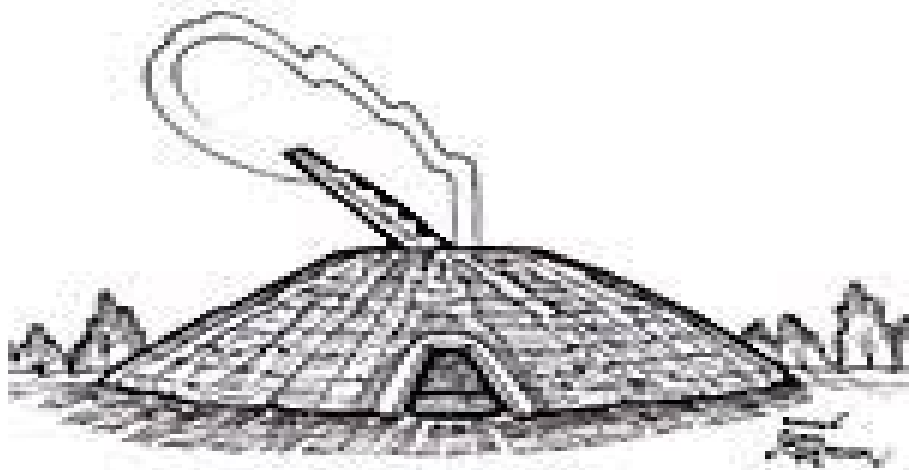
Pellítteqem


(First Real Cold & Cross Over Moon)

December

M-téqmes re mégcen re m-yews re syectwílcs re sitqt.
Yiri7 lu7 lem ts7écwes te m-pwupúm ell te m-qwíqwilc
re Secwépmc. M-lé7es re stscentés re c7es7ístkteñs.

This is the month the days got longer. The Secwepemc were happy and they drummed and danced. They fixed up their winter homes good.





YOU ARE INVITED!
Q'wemtsin Health Society
Community
Christmas Open House

Date: Thursday, December 14
Time: 11am to 2pm
Place: 130, Chilcotin Road, QHS

**PLEASE JOIN US FOR FESTIVE FOOD,
DOOR PRIZES AND FUN!**

FOR MORE INFORMATION CALL
LINDSIE AT 250.314.6732

 QWEMTSIN.ORG





Christmas Break Office Closures

**Q'wemtsin Health Society &
The Skeetchestn Health
Centre will be closed the
following dates for the Christmas
Break.**

**Date Closed: Monday, December 25,
2023**

Reopened: Monday, January 8, 2024

**If you have any questions or
concerns please call QHS at
250.314.6732**



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Notice to Community

Starting in the new year Q'wemtsin Health Society will be sending out quarterly newsletters. Here are the months to watch for the newsletter:

- January 2024
- April 2024
- July 2024
- September 2024





Skeetchestn Health Centre Community Christmas Open House

Date: Wednesday, December 13

Time: 11am to 2pm

Place: Skeetchestn Health Centre

Please join us for Christmas
Appies, and Pictures with
Santa

For more information please
call 250.373.2580.



QWEMTSIN.ORG





105A – 3535 Old Okanagan Hwy
Westbank, BC
Canada V4T 3L7
T 778-940-1140
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November 22, 2023

Subject: First Nations Drinking Water Settlement - Extended Deadline and Available Supports

Dear First Nations Communities in the Interior Region,

Please find below information about the First Nations Drinking Water Settlement, a step towards addressing the long-standing issue of drinking water advisories in First Nations communities across Canada. This settlement is a result of the class action lawsuits initiated by Neskantaga First Nation, Curve Lake First Nation, and Tataskweyak Cree Nation, with the support of law firms Olthuis Kleer Townshend LLP and McCarthy Tétrault LLP.

Key Aspects of the Settlement:

- **Extended Deadline for Claims:** The deadline to submit a claim has been **extended to March 7, 2024**. This extension provides more time for eligible First Nations and individuals impacted by long-term drinking water advisories to submit their claims.
- **Compensation:** The settlement includes \$1.8 billion in compensation for impacted First Nations and eligible individuals, plus an additional \$50 million for those who experienced specified injuries due to long-term advisories.
- **Infrastructure Funding:** \$6 billion is allocated to support the construction, upgrading, operation, and maintenance of water infrastructure for First Nations.

Support for Claim Submission:

- **Claims Administration Team:** For assistance in claim submission, please contact 1-833-252-4220.
- **Legal Advice:** Free legal advice is available through Class Counsel at 1-833-265-7589.
- **Emotional Support:** For emotional support related to this issue, Hope for Wellness offers services free of charge at 1-855-242-3310.

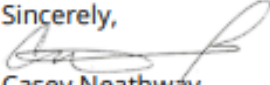
Band Council Confirmation List (BCCL) Support Funding:

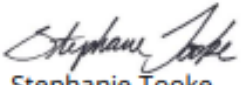
- **BCCL Funding:** Funding is available to supporting impacted First Nations in completing their BCCLs. These funds are intended to support a resources whose role will be to compile the BCCL.
- The BCCL must be received by the Administrator by **March 7, 2024**

Compensation (Band Council):

- **An initial \$500,000 base payment** will be paid to Communities after confirmation that the Band Council Acceptance Resolution has been reviewed by the Administrator
- **Additional payments, equal to 50% of the amounts paid to eligible individuals who lived in Community during an advisory** will be made after the claims deadline of March 7, 2024.

We encourage you to utilize these resources and supports to ensure your community's needs and rights are fully addressed.

Sincerely,

Casey Neathway
Regional Director, EPHS


Stephanie Tooke
Regional Manager, EPHS


Rob Fleming
Manager, Drinking Water Safety



Is crying good for you?

Researchers note that, on average, women cry 3.5 times each month, while men cry about 1.9 times each month. These figures may take some of us by surprise, especially as our society has often looked at crying – particularly by men – as a sign of weakness and lack of emotional stamina.

Health benefits of crying

As a phenomenon that is unique to humans, crying is a natural response to a range of emotions, from deep sadness and grief to extreme happiness and joy. But is crying good for your health? The answer appears to be yes. Medical benefits of crying have been known as far back as the Classical era.

Thinkers and physicians of ancient Greece and Rome posited that tears work like a purgative, draining off and purifying us. Today's psychological thought largely concurs, emphasizing the role of crying as a mechanism that allows us to release stress and emotional pain.

Crying is an important safety valve, largely because keeping difficult feelings inside – what psychologists call repressive coping – can be bad for our health. Studies have linked repressive coping with a less resilient immune system, cardiovascular disease, and hypertension, as well as with mental health conditions, including stress, anxiety, and depression. Crying has also been shown to increase attachment behavior, encouraging closeness, empathy, and support from friends and family.

Not all tears are created equal

Scientists divide the liquid product of crying into three distinct categories: reflex tears, continuous tears, and emotional tears. The first two categories perform the important function of removing debris such as smoke and dust from our eyes and lubricating our eyes to help protect them from infection. Their content is 98% water.

It's the third category, emotional tears (which flush stress hormones and other toxins out of our system), that potentially offers the most health benefits. Researchers have established that crying releases oxytocin and endogenous opioids, also known as endorphins.

These feel-good chemicals help ease both physical and emotional pain. Popular culture, for its part, has always known the value of a good cry as a way to feel better – and maybe even to experience physical pleasure. The millions of people who watched classic tearjerker films such as *West Side Story* or *Titanic* (among others) will likely attest to that fact.



Rethinking crying in boys and men

“I know a man ain’t supposed to cry,” goes the lyric of a popular song, “but these tears I can’t hold inside.” These words succinctly summarize many a man’s dilemma about emotional expression. From early on, boys are told that real men do not cry. When these boys grow up, they may stuff their feelings deep inside and withdraw emotionally from their loved ones, or self-medicate with alcohol or drugs, or even become suicidal. Many men therefore need to learn the skills of how to reconnect with their emotions.

Back in the 1990s, the poet Robert Bly led men’s seminars at which he taught the participants how to get in touch with their long-buried feelings of sadness and loss, and to weep openly if they needed to. Ideally, however, such education should begin early on, at home or at school, with adults making it safe for boys to talk about difficult feelings.

When are tears a problem?

There are times when crying can be a sign of a problem, especially if it happens very frequently and/or for no apparent reason, or when crying starts to affect daily activities or becomes uncontrollable. Conversely, people suffering from certain kinds of clinical depression may actually not be able to cry, even when they feel like it. In any of these situations, it would be best to see a medical professional who can help diagnose the problem and suggest appropriate treatment.

Takeaways

As challenging as it may be, the best way to handle difficult feelings, including sadness and grief, is to embrace them. It is important to allow yourself to cry if you feel like it. Make sure to take the time and find a safe space to cry if you need to. Many people associate crying during grief with depression, when it can actually be a sign of healing. Teaching boys and young men that it’s okay to cry may reduce negative health behaviors and help them have fuller lives.

If crying becomes overwhelming or uncontrollable, see a doctor or mental health professional for evaluation and treatment.

By Leo Newhouse, LICSW

Submitted by Colleen Lessman

If you feel like you need to speak to someone QHS has a list of FNHA Approved Therapists. You can call QHS at 250.314.6732 or the Skeetchestn Health Centre at 250.373.2580





Vitamin-X

What is in your conventional, drugstore makeup? What lines most of the canned products in your pantry? What is the most harmful thing about the plastic containers you heat your lunch up in or drink your water out of?

The answer: **XENOESTROGENS**. Xenoestrogens, or chemicals that disrupt our natural hormone balance, are everywhere. Being aware of their presence and making changes wherever possible can help reduce their toxic effect.

Normally, our endocrine (hormone) system releases hormones that relay messages to different tissues telling them what to do. Outside chemicals, like xenoestrogens, have the ability to mimic these hormones and can signal tissue responses that we don't need or want, creating an imbalance.

Tissues that are particularly sensitive to these signals are the uterus, breasts, prostate and testicles. Build-up of xenoestrogens has been indicated in many conditions including: breast, prostate and testicular cancer, obesity, infertility, endometriosis, early onset puberty, miscarriages and diabetes.

List of Common Xenoestrogens:

Examples of everyday items that may include xenoestrogens are: fruits and vegetables sprayed with pesticides, plastic water bottles and plastic containers, nail polish, makeup, birth control and on and on.

Skincare:

- 4-Methylbenzylidene camphor (4-MBC) (sunscreen lotions)
- Parabens(methylparaben, ethylparaben, propylparaben and butylparaben commonly used as a preservative)
- Benzophenone (sunscreen lotions)

Industrial products and Plastics:

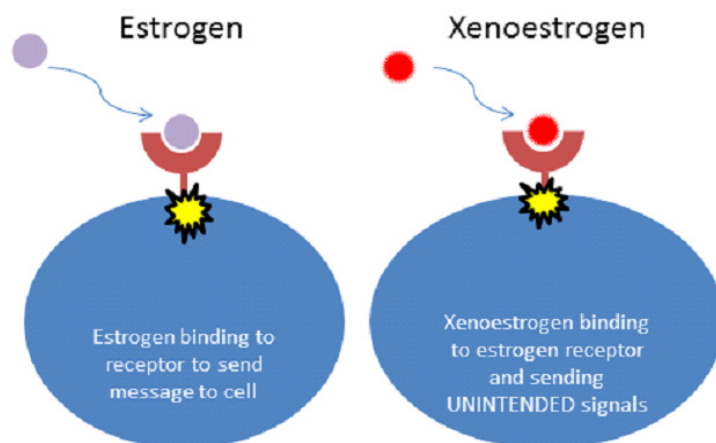
- Bisphenol A (BPA-monomer for polycarbonate plastic and epoxy resin; antioxidant in plasticizers- Water bottles, canned goods, saran wrap, food containers, thermal receipts)
- Phthalates (plasticizers- makeup, nail polish, childrens toys, air fresheners, vinyl shower liners, household cleaners)
- Polybrominated biphenyl ethers (PBDEs) (flame retardants used in plastics, foams, building materials, electronics, furnishings, motor vehicles).

Food:

- Erythrosine / FD&C Red No. 3
- Phenosulfothiazine (a red dye)
- Butylated hydroxyanisole / BHA (food preservative)

Insecticides:

- Atrazine (weed killer)
- DDT (insecticide, banned)
- Dichlorodiphenyldichloroethylene (one of the breakdown products of DDT)
- Dieldrin (insecticide)
- Endosulfan (insecticide)
- Heptachlor (insecticide)
- Lindane / hexachlorocyclohexane (insecticide, used to treat lice and scabies)
- Methoxychlor (insecticide)
- Fenthion
- Nonylphenol and derivatives (industrial surfactants; emulsifiers for emulsion polymerization; laboratory detergents; pesticides)



Other:

- Chlorine and chlorine by-products
- Ethinylestradiol (combined oral contraceptive pill)
- Metalloestrogens (a class of inorganic xenoestrogens)
- Alkylphenol (surfactant used in cleaning detergents)

Guidelines to Minimize your Personal Exposure to Xenoestrogens:

I know for some this can be overwhelming, but it just takes awareness and small changes in order to prevent the harmful effects from these environmental toxins. Remember these changes are not just for us but also for our children and future generations.

Food:

- Avoid all pesticides, herbicides, and fungicides.
- Choose organic, locally-grown and in-season foods whenever possible and/or wash thoroughly.
- Peel non-organic fruits and vegetables.
- Buy hormone-free meats and dairy products to avoid hormones and pesticides.
- Include foods in your diet that promote a healthy liver detoxification such as broccoli, kale, brussels sprouts, artichoke, beets, apples, ginger and cabbage.

Plastics:

- Reduce the use of plastics whenever possible.
- Do not microwave food in plastic containers.
- Avoid the use of plastic wrap to cover food for storing or microwaving.
- Avoid packing up warm leftovers in plastic until the food has cooled.
- Use glass or ceramics whenever possible to store food.
- Do not leave plastic containers, especially your drinking water, in the sun.
- If a plastic water container has heated up significantly, throw it away.

- Wash plastic containers by hand and not in the dishwasher.
- Avoid freezing water in plastic bottles to drink later.

Household Products:

Use chemical free, biodegradable laundry and household cleaning products.

Choose chlorine-free products and unbleached paper products (i.e. tampons, menstrual pads, toilet paper, paper towel, coffee filters).

Use a chlorine filter on shower heads and filter drinking water

Health and Beauty Products:

- Avoid creams and cosmetics that have toxic chemicals and estrogenic ingredients such as parabens and stearylalkonium chloride.
- Minimize your exposure to nail polish and nail polish removers.
- Use naturally based fragrances, such as essential oils.
- Use chemical free soaps and toothpastes.
- Read the labels on condoms and diaphragm gels.
- Remember, anything you put ON your body, you are putting IN your body.

At the Office:

- Be aware of noxious gas such as from copiers and printers, carpets, fiberboards, and at the gas pump.

References:

- <https://womeninbalance.org/2012/10/26/xenoestrogens-what-are-they-how-to-avoid-them/>
- <http://ashleybeetonnd.com/wp-content/uploads/2013/05/xenoestrogen.png>
- <http://doctormarita.com/2014/03/clean-up-hidden-toxins-in-your-home/>



FNHA QUITKITS AVAILABLE



Q'wemtsin Health Society has the QUITKIT boxes from First Nations Health Authority. These beautifully designed boxes have a journal and a resource book with tips and tricks to help you on your journey to quit smoking. These boxes are available for our community members.

If you would like a QUITKIT box please contact Lindsie at QHS by calling 250.314.6732 or call Skeetchestn Health Centre 250.373.2580.



Q'wemtsin
HEALTH SOCIETY



QHS HARM REDUCTION PROGRAM

The Harm Reduction Program at Q'wemtsin Health Society is geared toward promoting a healthy lifestyle and reducing the stigma associated with Substance Use to any First Nations person or community member from Tk'emlúps te Secwépemc, Skeetchestn or Whispering Pines/Clinton Indian Band.

What is Harm Reduction?

Harm Reduction focuses on positive changes, working with people without judgement, discrimination, or requiring that people stop using drugs as a precondition of support.

Who is harm reduction for?

It's for anyone who wants to reduce the risks associated with drug use. It helps and supports people to be safer and healthier. Harm reduction benefits individuals, families and communities.

Harm Reduction activities can:

Create low-to-no barrier access to health care and social services. Prevent HIV, hepatitis and other infections. Reduce overdose deaths among people who use substances. Reduce crime and increase referrals to treatment programs and health and social services.



Services at Q'wemtsin Health Society:

- Education on Drug overdose and the use of Naloxone
- Distribution of Take home Naloxone Kits
- Distribution of Take home Naloxone Nasal Spray
- Distribution of Fentanyl Test Strips
- Education of safe disposal of used needles and syringes
- Community needle/Syringe Clean-up and Hotline
- Promotion of healthy living
- Access to resources and information
- Access to health practitioners

If you would like more information about our Harm Reduction Program you can connect with Lindsie at Q'wemtsin Health Society by calling 250.314.6732

Source:<http://www.bccdc.ca/our-services/programs/harm-reduction>



International Day of Persons with Disabilities

December 3rd

December 3rd is International Day of Persons with Disabilities. This is a day of international observance! This day aims to raise awareness and mobilize support for the dignity, rights and well-being of persons with disabilities.

What is disability?

A disability is any condition of the body or mind (impairment) that makes it more difficult for the person with the condition to do certain activities (activity limitation) and interact with the world around them (participation restrictions).

There are many types of disabilities, such as those that affect a person's:

- Vision
- Movement
- Thinking
- Remembering
- Learning
- Communicating
- Hearing
- Mental health
- Social relationships

Although "people with disabilities" sometimes refers to a single population, this is actually a diverse group of people with a wide range of needs. Two people with the same type of disability can be affected in very different ways. Some disabilities may be hidden or not easy to see.

According to the World Health Organization, disability has three dimensions:

1. Impairment in a person's body structure or function, or mental functioning; examples of impairments include loss of a limb, loss of vision or memory loss.
2. Activity limitation, such as difficulty seeing, hearing, walking, or problem solving.
3. Participation restrictions in normal daily activities, such as working, engaging in social and recreational activities, and obtaining health care and preventive services.

Disability can be:

- Related to conditions that are present at birth and may affect functions later in life, including cognition (memory, learning, and understanding), mobility (moving around in the environment), vision, hearing, behavior, and other areas. These conditions may be
 - Disorders in single genes (for example, Duchenne muscular dystrophy);
 - Disorders of chromosomes (for example, Down syndrome); and
 - The result of the mother's exposure during pregnancy to infections (for example, rubella) or substances, such as alcohol or cigarettes.
- Associated with developmental conditions that become apparent during childhood (for example, autism spectrum disorder and attention-deficit/hyperactivity disorder or ADHD)
- Related to an injury (for example, traumatic brain injury or spinal cord injury external icon).
- Associated with a longstanding condition (for example, diabetes), which can cause a disability such as vision loss, nerve damage, or limb loss.
- Progressive (for example, muscular dystrophy), static (for example, limb loss), or intermittent (for example, some forms of multiple sclerosis).

What is impairment?

Impairment is an absence of or significant difference in a person's body structure or function or mental functioning. For example, problems in the structure of the brain can result in difficulty with mental functions, or problems with the structure of the eyes or ears can result in difficulty with the functions of vision or hearing.

Structural impairments are significant problems with an internal or external component of the body. Examples of these include a type of nerve damage that can result in multiple sclerosis, or a complete loss of a body component, as when a limb has been amputated.

Functional impairments include the complete or partial loss of function of a body part. Examples of these include pain that doesn't go away or joints that no longer move easily.

What is the difference between activity limitation and participation restriction?

The World Health Organization (WHO) published the International Classification of Functioning, Disability and Health (ICF) in 2001. The ICF provides a standard language for classifying body function and structure, activity, participation levels, and conditions in the world around us that influence health. This description helps to assess the health, functioning, activities, and factors in the environment that either help or create barriers for people to fully participate in society.

According to the ICF:

- **Activity** is the execution of a task or action by an individual.
- **Participation** is a person's involvement in a life situation.

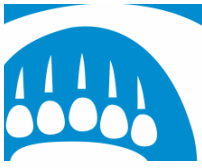
The ICF acknowledges that the distinction between these two categories is somewhat unclear and combines them, although basically, activities take place at a personal level and participation involves engagement in life roles, such as employment, education, or relationships.

References

1. World Health Organization, *International Classification of Functioning, Disability and Health (ICF)* external icon. Geneva: 2001, WHO.
2. US Department of Health and Human Services. *The Surgeon General's Call to Action to Improve the Health and Wellness of Persons with Disabilities* external icon. Washington, DC: US Department of Health and Human Services, Office of the Surgeon General; 2005

- Activity limitations and participation restrictions have to do with difficulties an individual experiences in performing tasks and engaging in social roles. Activities and participation can be made easier or more difficult as a result of environmental factors, such as technology, support and relationships, services, policies, or the beliefs of others.
-
- The ICF includes the following in the categories of activities and participation:
 -
 - Learning and applying knowledge
 - Managing tasks and demands
 - Mobility (moving and maintaining body positions, handling and moving objects, moving around in the environment, moving around using transportation)
 - Managing self-care tasks
 - Managing domestic life
 - Establishing and managing interpersonal relationships and interactions
 - Engaging in major life areas (education, employment, managing money or finances)
 - Engaging in community, social, and civic life
 - It is very important to improve the conditions in communities by providing accommodations that decrease or eliminate activity limitations and participation restrictions for people with disabilities, so they can participate in the roles and activities of everyday life.





The Common Cold and Influenza (Flu)

What are colds?

Colds are the most common infection of the nose, sinuses, or throat (upper respiratory infection). Colds are caused by viruses. They're spread by coughs, sneezes, and close contact. You can catch a cold at any time of year, but they're more common in late winter and early spring. There's no cure for colds. Cold symptoms usually come on over the course of a couple of days.

Symptoms may include:

- Runny nose and sneezing.
- Red eyes.
- Sore throat and cough.
- Headache.
- Body aches.

Colds usually last 1 to 2 weeks. As the cold gets worse, your nose may get stuffy with thicker mucus. You can catch a cold at any time of year, but they are more common in late winter and early spring.

You will probably feel a cold come on over the course of a couple of days. As the cold gets worse, your nose may get stuffy with thicker mucus.

A cold isn't the same as influenza (flu). Flu symptoms are worse and come on faster. If you have the flu, you may feel very tired. You may also have a fever and shaking chills, lots of aches and pains, a headache, and a cough.

If you feel like you have a cold all the time, or if cold symptoms last more than 2 weeks, you may have allergies or sinusitis.

What is influenza (flu)?

Influenza (flu) is a viral infection. People often use the term "flu" to describe any kind of mild illness, such as a cold or a stomach virus, that has symptoms like the flu. But the real flu is different. Flu symptoms are usually worse than a cold and last longer. The flu usually does not cause vomiting or diarrhea in adults. Most flu outbreaks happen in late fall and winter. Because symptoms may not start for a couple of days, you may pass influenza to someone before you know you have it.

What causes the flu?

The flu is usually caused by influenza viruses A and B. There are different strains of the flu virus every year.

What are the symptoms?

The flu causes a fever, body aches, a headache, a dry cough, and a sore or dry throat. You will probably feel tired and less hungry than usual. The symptoms usually are the worst for the first 3 or 4 days. But it can take 1 to 2 weeks to get completely better.

It usually takes 1 to 4 days to get symptoms of the flu after you have been around someone who has the virus.

Most people get better without problems. But sometimes the flu can lead to a bacterial infection, such as an ear infection, a sinus infection, or bronchitis. Less often, the flu may cause a more serious problem, such as pneumonia.

Certain people are at higher risk of problems from the flu. They include young children, pregnant women, older adults, and people with long-term illnesses or with impaired immune systems that make it hard to fight infection.

The symptoms of influenza (flu) appear suddenly and often include:

Fever of 39°C (102.2°F) to 40°C (104°F). Fever is usually continuous, but it may come and go. Fever may be lower in older adults than in children and younger adults. When fever is high, other symptoms usually are more severe.

Body aches and muscle pain (often severe), commonly in the back, arms, or legs.

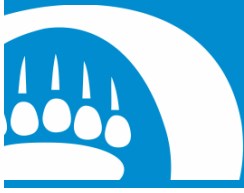
Headache.

Fatigue, a general feeling of sickness (malaise), and loss of appetite.

A dry cough, runny nose, and dry or sore throat. You may not notice these during the first few days of the illness when other symptoms are more severe. As your fever goes away, these symptoms may become more evident.

Some people get infected with the flu virus but do not have any symptoms.

Nausea, vomiting, and diarrhea may also occur, especially in children.



Dad's Christmas Shortbread Cookies



Dad's Christmas Shortbread Cookies

Traditional Christmas shortbread cookies.

****Important - Shortbread cookies need to age to develop flavour. Make them ahead and store in an airtight cookie tin for at least 1 week or up to a month.**

Ingredients:

- 1 cup butter at room temperature (you can use salted or unsalted butter. If using unsalted butter, you can add 1/8 tsp. fine salt with the flour if you like, but you don't need to)
- 3 Tbsp cornstarch
- 1/4 cup white granulated sugar
- 1 3/4 cup all-purpose flour

Instructions

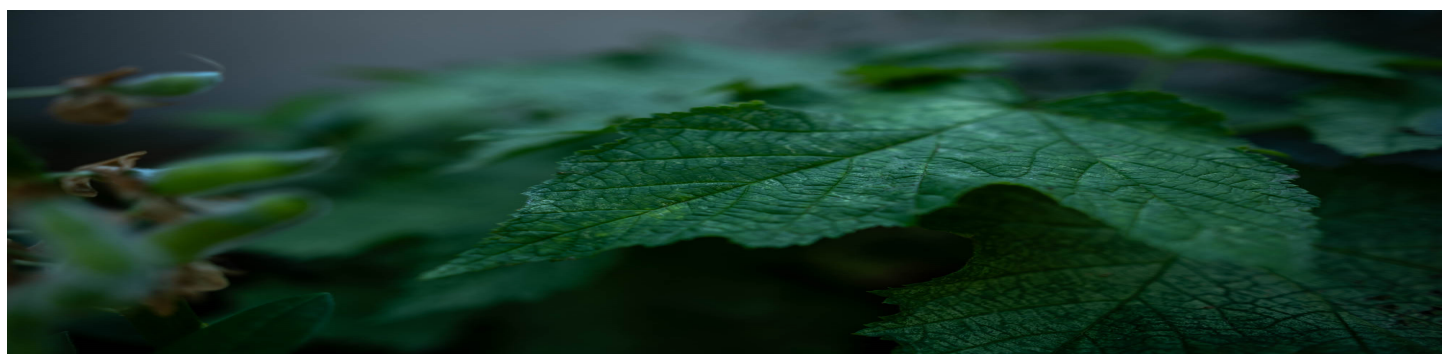
1. In a large bowl or the bowl of a stand mixer, beat the butter until light. Stir in the cornstarch and sugar. Gradually add the flour mixing until a soft dough forms. (Dad mixes his by hand and shared that sometimes you have to ditch the spoon and just get your hands in there to form the dough). Form dough in to a ball and wrap tightly with plastic wrap. Refrigerate for about 30 minutes to chill.
2. On a lightly floured surface, roll your dough 1/4-inch thick. Take care to ensure that your dough is rolled as evenly as possible, so that cookies cook evenly. Using a cookie cutter, cut shapes and place on to an un-greased baking sheet. You can re-roll your scraps and cut more, as well. Once your cookies are cut, top with quartered glace cherries, sprinkles or nuts. Place cookie sheet with cookies in to the freezer for 10-15 minutes. (You can also freeze the cut dough in freezer bags once solid on the cookie sheet for up to 2 weeks and bake later or as needed.)

Source: <https://www.seasonsandsuppers.ca/dads-christmas-shortbread-cookies/>



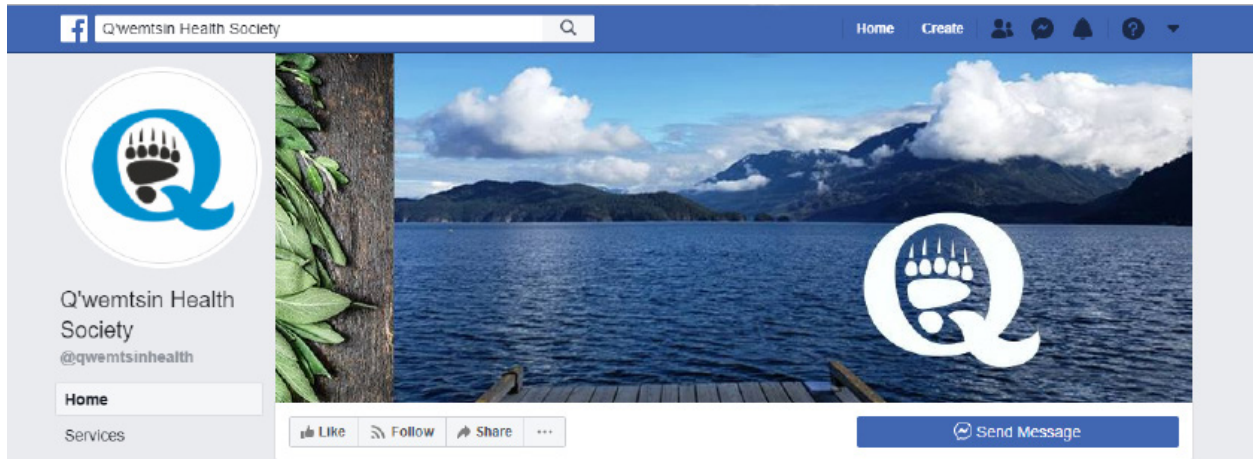
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Find us “Qwemtsin Health Society” on Facebook. This is where you will see current events, workshops, reminders and photos of recent fun activities with youth and in the 3 communities.



Visit our Qwemtsin
Health Society website

qwemtsin.org



mission



Advancing holistic health
by providing programs,
services, and education

vision



Healthy Secwepemc
individuals, families
and communities

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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 Mental Health Intake.....	250-377-6500
Kamloops R.C.M.P. Victim Services.....	250-828-3223
Kamloops Y Emergency Services	
Y Women's Emergency Shelter.....	250-374-6162
Outreach Service..... (Mobile service for women and children who have experienced abuse)	250-320-3110
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 Poison Control.....	1-800-567-8911

Aboriginal Services

Q'wemtsín 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
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

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

Alano Clubs.....	250-376-5115
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Kamloops Walk-in Clinics

Kamloops Kinetic Energy.....	250-828-6637
Kamloops Urgent Care.....	250-314-2256
North Shore Health Centre.....	250-312-3288

Royal Inland Hospital

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

Aboriginal Patient Navigator (RIH)

Deb Donald.....	250-319-5420
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First Nations Health Authority

Health Benefits (Toll Free).....	1-855-550-5454
Email.....	info@fnha.ca