

# Newsletter

February  
Edition



Q'wemtsin Health Society •  
250.314.6732

130 Chilcotin Road  
Kamloops BC, V2H 1G3

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

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February is...



# PSYCHOLOGY MONTH

Psychology tells us about how we live, work, and play. So get involved and help us celebrate all the ways #PsychologyWorks to build a better and stronger Canada!

Learn more at [www.cpa.ca/psychologymonth](http://www.cpa.ca/psychologymonth).







## Psychological First Aid



Starting in November 2024 running until January 2025, Q'wemtsin Health Society and Valley First Aid (via Red Cross First Aid), partnered up together to bring a series of Psychological First Aid workshops to both the TTES and SIB communities. We completed three different sessions, which included a total of 36 participants overall from both communities.



We have recognised the amount of loss, grief and daily struggles that have been happening within the communities, and we presented the Psychological First Aid course for community members to learn the self-help tools that we all have within ourselves.

We covered topics such as:



- Stress
- Loss
- Trauma
- Grief

Community members learned the Look, Listen, Link, Live model which is a resiliency building approach to emotional, psychological and social well-being that teaches the users how to support themselves and others on how to cope with the effects of various types of stress.



The workshops were a great success, and we look forward to hosting more types of workshops like these for our communities in the future!

Office closed in  
observance of Family day  
February 17th 2025



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# World Cancer Day

## Feb 4th

- Raise awareness about cancer
- Encourage its prevention
- Mobilize action to address the global epidemic



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UNITED  
BY  
UNIQUE®

SECWÉPEMC CHILD & FAMILY SERVICES AGENCY

# INVITES YOU TO OUR 6TH ANNUAL WINTER GATHERING POWWOW

SATURDAY FEBRUARY 1ST/2ND 2025  
OPEN TO THE PUBLIC

**Announcers:**  
Stan Isadore

**Floor Director & Whipman:**  
Cecil Sheena & Everett White

**Children's Craft Spot**

Have a  
Heart  
Day

Come make a  
heart for Have a  
Heart Day!

**LOCATION: SANDMAN CENTRE**  
**300 LORNE ST. KAMLOOPS, BC V2C 1W3**

February 1

## Day One

**Grand Entry: 1PM**

- Category Dances

**Grand Entry: 7PM**

- Red Dress Dance
- Orange Regalia Dance



February 2

## Day Two

**Grand Entry: 1PM**

- Round Dance
- Teddy Bear Special
- Have a heart - Owl Dance

## Non Competitive

SCFSA is NOT  
responsible for  
lost or stolen items

## Information

**Vendors on site**  
(at max capacity)

Contact: [squwey.gottfriedsen@secwepemcfamilies.org](mailto:squwey.gottfriedsen@secwepemcfamilies.org)

**Concession on site**

**Drum Registration:**

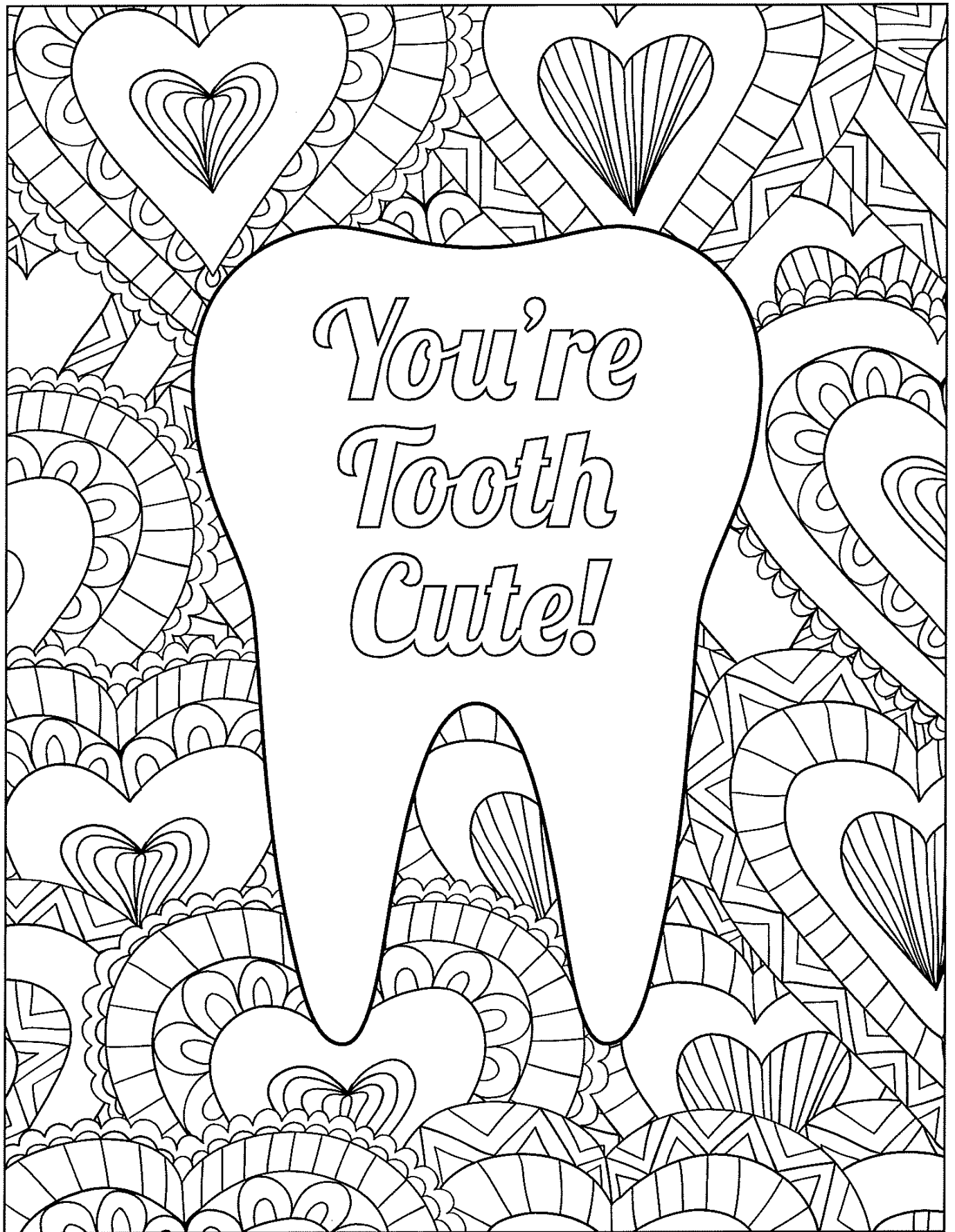
contact: [Lyle.Thomas@Secwepemcfamilies.org](mailto:Lyle.Thomas@Secwepemcfamilies.org)

**General information:**

contact:  
[Squwey.Gottfriedsen@Secwepemcfamilies.org](mailto:Squwey.Gottfriedsen@Secwepemcfamilies.org)



Canada's Tournament Capital







# Community Notice

If you are being discharged from RIH and you are needing assistance please contact Q'wemtsin Health Society at 250.314.6732.

In some instances, QHS is NOT notified of clients being discharged from Royal Inland Hospital (RIH). If you or a loved one requires care upon discharge, please notify our QHS Home Care Nurses. If you have any questions or concerns, our nurses are here to assist you.

The sooner we hear from you, the sooner we can begin discharge planning and ensure that you or your loved ones are receiving the best possible care.

# Top 10 things to do for family day in Kamloops

## 1. Family Day Festival & Toonie Swim.

Check out the Tournament Capital Centre for the 10th Annual Family Day Festival.

## 2. Harper Mountain Ski & Snowboard.

If you'd rather get outside, head up to Harper Mountain for Family Day on the slopes.

## 3. Zaaz Eatery & Play

For families with little ones, we highly recommend Zaaz Eatery & Play. If the weather isn't kid-friendly, you can still burn off energy with Zaaz's indoor mazes, obstacle courses, and imagination stations.

## 4. Kamloops Blazers Home Games

## 5. Free Admission at the Kamloops Art Gallery

## 6. BC Wildlife Park

Is a things-to-do-in-Kamloops list complete without a visit to the BC Wildlife Park? This is a great way to spend the day together, learn something, and support local conservation efforts.

## 7. Free Family Flicks at the Paramount

## 8. Inflatable Palooza

Stop in at the OLPH school gym on Saturday to catch Inflatable Palooza, courtesy of Fun Zone Rentals.

## 9. Kamloops Children's Museum

Visit the Kamloops Museum & Archives on Monday to check out the Children's Museum, or take in the constantly evolving permanent gallery show riverpeoplenationstatepeople.

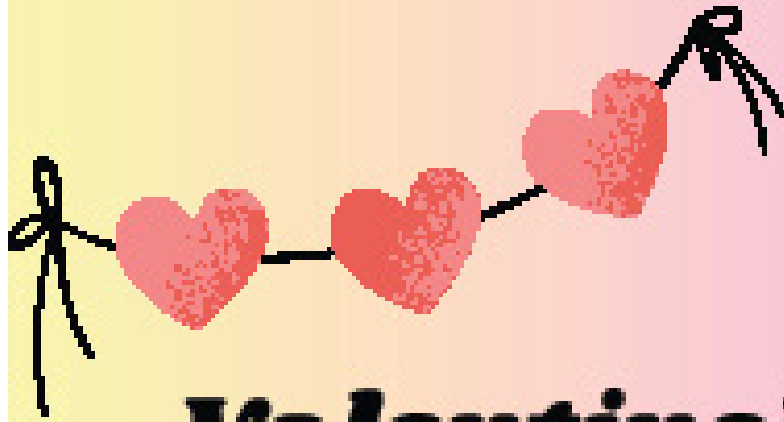
## 10. Thompson Nicola Regional Library Events

The Aberdeen Tiny Library has a full roster of great stuff coming up on Monday the 17th!

For more information visit the Tourism Kamloops website.

<https://www.tourismkamloops.com/blog/top-10-things-to-do-for-family-day-in-kamloops/>





# ***Valentine's Day***

## ***COHI Party***

***QHS: Thursday, February 13th***

*130 Chilcotin road, Kamloops*

***SIB: Thursday, February 18th***

*7116 big sky road, Skeetchestin*

***(For both location: 11AM-1PM)***

Come and join us for a fun and educational day  
about your oral health!

- Photo booth
- Crafts
- Prizes
- Swag bags
- Refreshments



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# Mini French Onion Soup Tarts



## Ingredients

Olive oil – Or extra virgin olive oil.

Sweet onions – dice them small. You can use Vidalia or white onions.

Garlic – Mince your own or use a paste.

Salt – To taste.

Ground black pepper – To taste.

Fresh thyme leaves – Fresh is always best but you can also use dried thyme if needed.

Worcestershire sauce – Adds a deep flavor to the onions making them taste like they've cooked all day.

Beef stock – You can substitute vegetable stock for a vegetarian option.

Shredded Gruyere cheese – This is my favorite type of cheese, but you could use shredded provolone too.

Phyllo shells – Buying them premade from the store saves a ton of time.

## How to make Mini Onion Tarts

1. Preheat. Preheat the oven to 350 degrees. Add parchment paper to a cookie sheet to make cleanup a breeze.
2. Cook the onions. Add the oil to a skillet over medium heat. Add the onions and cook, then lower the heat to medium-low and let them cook for about 10 minutes, stirring often.
3. Add the salt, pepper, garlic, and thyme and cook for another 5 minutes. Stir often. Pour in the Worcestershire sauce and stock and stir. Grab your wooden spoon and scrape all the bits off the bottom of the pan. Cook the onions until the liquid is gone and the onions are soft, which will take another 3-5 minutes. Take the pan off the heat.
4. Fill the phyllo shells. Put the shells on the baking sheet and fill them with the onion mixture. Add the cheese on top.

**12** 5. Bake. Place the baking sheet in the oven and bake for 6-9 minutes. Serve warm, and enjoy!



# Primary Care Services

<b>In Person</b>	<p><b>Urgent Primary Care and Learning Centre</b></p> <ul style="list-style-type: none"> <li>• (250)314-2256 – phones turn on at 10 am daily</li> <li>• 311 Columbia Street</li> <li>• Open 10 am – 10 pm</li> <li>• Must phone to make an appointment, no walk-in's</li> </ul>
	<p><b>Kinetic Energy Medical Clinic</b></p> <ul style="list-style-type: none"> <li>• (250)828-6637</li> <li>• 450 Lansdowne St Suite 206</li> <li>• <a href="https://www.kamloopskineticenergy.com/medical-doctor">https://www.kamloopskineticenergy.com/medical-doctor</a></li> <li>• Patient Registration begins at 7 am Monday – Friday. Must phone and leave a message to be added to the daybook for that day -No Walk-Ins</li> <li>• Will start with a Phone Call appointment and may include a Face-to-face appointment if needed</li> <li>• Able to fill out Driver's Medical Forms</li> </ul>
	<p><b>Kleo's Pharmacy</b></p> <ul style="list-style-type: none"> <li>• (778)765-1444</li> <li>• 90b-1967 Trans Canada Hwy E</li> <li>• Walk in Medical Clinic available in the pharmacy, access to Virtual Doctor</li> </ul>
<b>*Only Skeetch/ Savona Patients</b>	<p><b>Ashcroft Urgent and Primary Care Centre</b></p> <ul style="list-style-type: none"> <li>• (250)453-2211</li> <li>• Located in the Ashcroft Community Health Centre - 700 Ash-Cache Creek Hwy</li> <li>• Open 7 days a week, 8:00 am – 8:00 pm</li> </ul>
<b>Virtual</b>	<p><b>Pharmasave – Riverbend</b></p> <ul style="list-style-type: none"> <li>• (236)421-4424 for nurse &amp; to book appointment.</li> <li>• Virtual Doctor (236)421-4263</li> </ul>
	<p><b>Pure Pharmacy (Online Dr.)</b></p> <ul style="list-style-type: none"> <li>• doctor.purepharmacy.com</li> </ul>
	<p><b>Kipp-Mallery iMedicine Services -Landmark Location</b></p> <ul style="list-style-type: none"> <li>• (250)425-0025 ext 4</li> <li>• 207-755 McGill Road</li> <li>• Monday to Friday 9:00 am – 12:00 pm</li> <li>• Phone to book an appointment</li> <li>• Virtual or telephone appointments</li> </ul>

<p><b>Virtual</b></p>	<p><b>Northshore Pharmacy and Care Clinic</b></p> <ul style="list-style-type: none"> <li>• (250)376-9991</li> <li>• <a href="https://northshorepharmacy.ca/">https://northshorepharmacy.ca/</a></li> <li>• Monday to Saturday 9:00 am – 5:30 pm, Sunday and Holidays 9:00 am – 10:00 am</li> <li>• Virtual appointments in the pharmacy</li> </ul> <p>***must be willing to switch to using their pharmacist***</p>
	<p><b>Enhanced Care Clinic (Go to Doctors.ca)</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.enhancedcare.ca/online-booking/">https://www.enhancedcare.ca/online-booking/</a></li> <li>• Location/Services, click “Virtual/Phone Appointment by Godoctor.ca” and location “British Columbia”</li> <li>• virtual/phone appointments</li> </ul>
	<p><b>FNHA Dr of the Day – 1-855-344-3800</b></p> <ul style="list-style-type: none"> <li>• 1-855-344-3800</li> <li>• 7 days a week, 8:30 am – 4:30 pm</li> <li>• All First Nations and their families</li> <li>• <a href="https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day">https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day</a></li> </ul>
	<p><b>TIA Virtual Health Clinic</b></p> <ul style="list-style-type: none"> <li>• Book online: Tiahealth.com</li> <li>• Virtual or Telephone appointments</li> </ul>
	<p><b>Virtual Physicians at Health Link</b></p> <ul style="list-style-type: none"> <li>• Call 811</li> <li>• HealthLink BC virtual physicians are available to 8-1-1 callers after assessment by one of our registered nurses. If the nurse determines that further medical assessment by a doctor would help you get the best advice on when and where you should seek care, they may refer you to your family doctor or nurse practitioner, a health provider in your community or one of our virtual physicians.</li> </ul>
	<p><b>Rocket Doctor</b></p> <ul style="list-style-type: none"> <li>• Virtual Services</li> <li>• Book online: <a href="https://rocketdoctor.ca/online-doctor-bc/">https://rocketdoctor.ca/online-doctor-bc/</a></li> <li>• Available 24 hours a day, 7 days a week</li> </ul>
	<p><b>VivaCare Telehealth</b></p> <ul style="list-style-type: none"> <li>• Monday – Friday 8:00 am – 9:00 pm, Saturday – Sunday</li> <li>• Book online: <a href="https://vivacare.ca/telehealth-online-doctor/">https://vivacare.ca/telehealth-online-doctor/</a></li> <li>• Virtual or telehealth appointments available</li> </ul>



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# February

## Pelltsípwenten

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Dr. Massage	4 Massage World Cancer Day	5 Naturopath	6 Foot Care	7	8
9	10 Dr. SIB Massage	11 Dr. Massage	12 Naturopath	13 Foot Care COHI Valentines Party @ QHS	14 	15
16	17 Family Day Office closed	18 SIB Dr. Massage COHI Valentines Party @ SIB	19 SIB Naturopath	20 Foot Care	21	22
23	24 Dr. Massage	25 SIB Massage	26 Naturopath Pink Shirt Day	27	28	

# Resource Numbers



**Q'wemtsin**  
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## Emergency Assistance

Ambulance/Fire/Police.....	911
Childrens Protective Services.....	1-800-663-9122
Kids Helpline.....	1-800-668-6868
Kids Text Helpline.....	68686868
Interior Crisis Line Network.....	1-888-353-2273
First Nations emergency services .....	250-377-7600
Youth Peace Program.....	250-319-2406
Kamloops Urgent Response Team.....	250-377-0088
Kamloops Mental Health Intake.....	250-377-6500
Kamloops R.C.M.P. Victim Services.....	250-828-3000
Kamloops Y Emergency Services:	
Y Women's Emergency Shelter.....(text)	250-682-7931
Children Who Witness Abuse.....	250-376-7800
Victim Services.....	250-320-3110

## 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
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.....	250-374-1728
Le7 te Melamin Health Society.....	250-571-1000
Shuswap Training & Employment Program.....	778-471-8201
Native Court Worker.....	250-828-7969
Ashcroft Training & Employment Program.....	250-453-0093

### Aboriginal Crisis Response Services:

Toll Free.....	1-800-588-8717
Children & Youth.....	250-723-2040
Elders & Adults.....	250-723-4050
Metis Crisis Response Service:	
Toll Free.....	1833-638-4722

## First Nations Health Authority

Health Benefits (Toll Free).....	1-855-550-5454
Toll Free.....	1-866-373-2493
Email.....	<a href="mailto:info@fnha.ca">info@fnha.ca</a>

## Non-Emergency Services

Tk'emlúps Detachment.....	250-314-1800
Tk'emlúps Bylaw.....	250-828-9708
Tk'emlúps Bylaw Cell .....	778-257-2607
Kamloops City Detachment.....	250-828-3000
North Shore Community Policing.....	250-376-5099
TRU Law Legal Clinic.....	778-471-8490
Kamloops Fire Rescuse.....	250-372-5131
BC Poison Control.....	1-800-567-8911
Nurse Line.....	811

## Support Lines

Narcotics Anonymous.....	1-800-414-0296
Phoenix Centre.....	250-374-4684
Raven Program.....	250-374-4634
Sage Health Centre.....	250-374-6551
Smokers Health Line.....	1-877-455-2233

Substance Information & Referral Service.....	1-800-663-1441
Mental Health & Information Support.....	310-6789
Kamloops Sexual Assault Counseling Center.....	250-372-0179
Anti Violence Hotline.....	1-888-974-7278
Victim Link BC (multilingual).....	1-800-563-0808

## Kamloops Walk-in Clinics

Kamloops Kinetic Energy.....	250-828-6637
Kamloops Urgent Care.....	250-314-2256
North Shore Health Science Centre.....	250-312-3280

## Royal Inland Hospital

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

## Indigenous Patient Navigator (RIH)

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