

Newsletter

May
Edition
2025



Q'wemtsin Health Society •
250.314.6732

130 Chilcotin Road
Kamloops BC, V2H 1G3

qwemtsin.org

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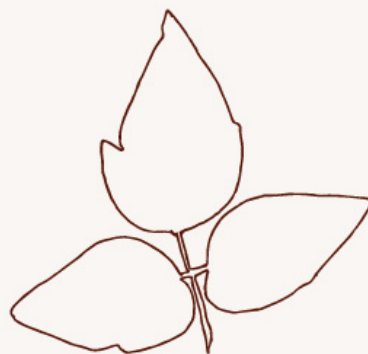
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BLUE CLEMATIS

Clematis occidentalis

The graceful plant was known to trip people walking when it grew across a trail and so was called "ghosts' lariat." Skin sores were treated with the plant and the fluffy seeds are good for starting fires.

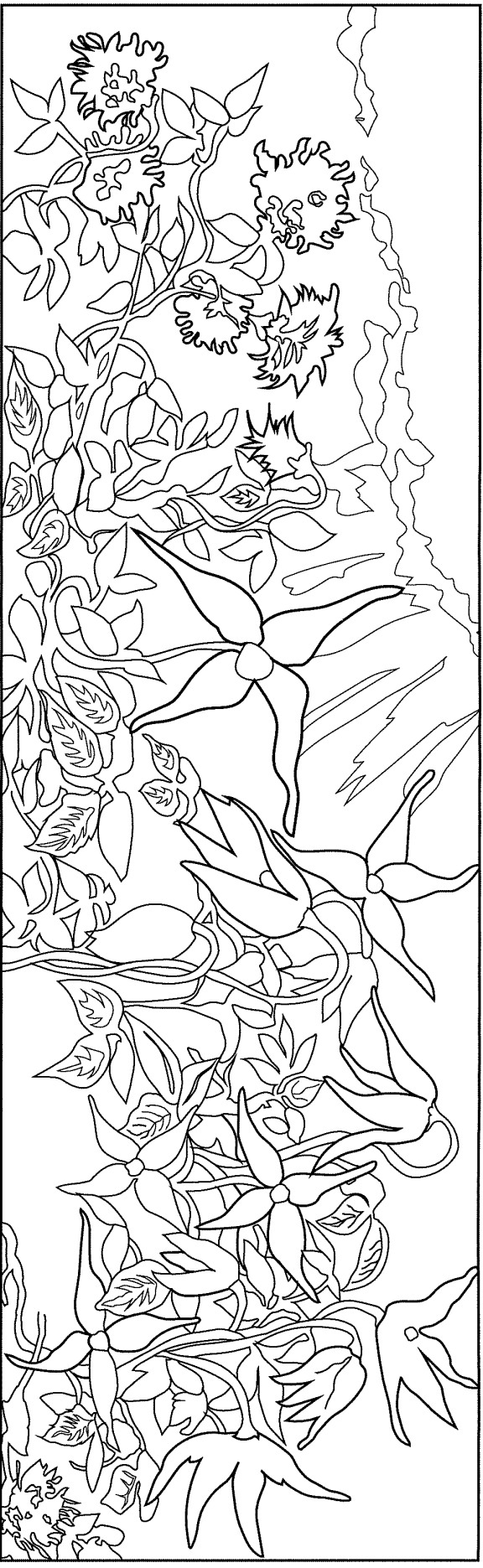


www.wildsight.ca/plantawareness

For More
Plant Cards



<https://wildsight.ca/branches/golden/plantawareness/>

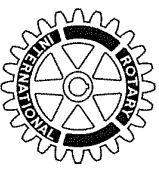
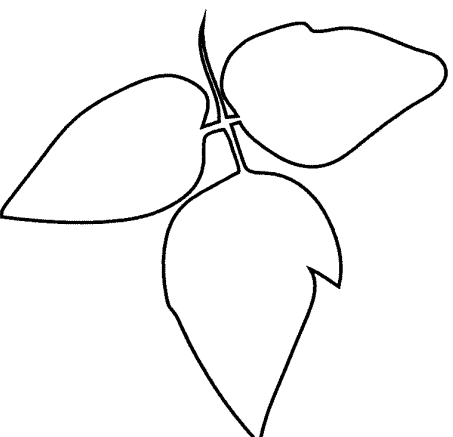
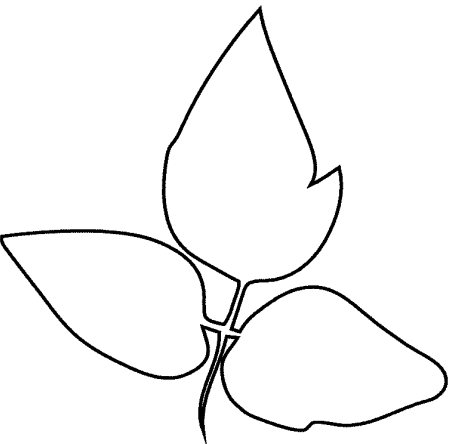


Artist: Gale Berndt

Blue Clematis - *Clematis occidentalis*

The graceful plant was known to trip people walking when it grew across a trail and so was called "ghosts' lariat." Skin sores can be treated with the the plant and the fluffy seeds are good for starting fires.

Coloured by: _____



**wildsight
Golden
Forest**

Please visit:

www.wildsight.ca/plantawareness

**Art transposed to graphics by:
Sarah Jane Osadetz Art & Design**

You can request to have our
Newsletter sent directly to you!
Hard copy via mail or a Virtual
copy via E-mail



Or use our QR code to
sign up
scroll down to the
bottom of our
website



How would you like to receive
our newsletter?

Please let us know by calling QHS
front desk
250-314-6732



Q'wemtsín
HEALTH SOCIETY



Melámen (Medicine) Making Workshop

Join us for 8 weeks of hands on working with Secwepemc Medicinal Plants at QHS community kitchen.

Outline: Every Thursday May/June 10am-12pm

May 1st: Juniper Salves

May 8th: Smudge and Rose Water Spray

May 22nd: Devils Club Salves

May 29th: Headache Relief Roller and Teas

June 5th: Teas

June 12th: Arnica

June 19th: Medicine Walk

June 26th: Feast

Registration:

12 spots available.


Registration is open to Ttes, SIB and WPCIB.

Must attend all 8 weeks of workshops.

Snacks and refreshments will be served.

Registration starts April 9, 2025.

To register
contact: Lindsie at
QHS 250.314.6732
ext: 217 or
lindsie@qwemtsin.org

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





**ALL NATIONS
TRUST COMPANY**

Bursaries for the *Indigenous Student*

Deadline to apply is June 1, 2025

**School District 73
Grade 12
Student Bursary
(\$500)**

**Ruth Williams
Bursary
(\$2,500)**



For more information on how to apply -
Please scan the QR code or visit our website
<https://www.antco.ca/bursaries-and-awards/>

You can also reach us by
email | antco@antco.ca

Bursary Alert: Apply Now for the ANTCO/ANDEVCO School District 73 Grade 12 Student Bursary and the Ruth Williams Bursary!

We are excited to announce that applications are now open for two incredible bursaries:

ANTCO/ANDEVCO Grade 12 Student Bursary – \$500

This bursary is specifically aimed at supporting and honoring Indigenous students who have shown remarkable resilience and determination in overcoming challenges to successfully complete their Grade 12 education. We believe in celebrating students who have demonstrated incredible strength, perseverance, and self-belief in the face of adversity. This bursary recognizes those who have overcome significant barriers and stayed committed to achieving their goals.

If you or someone you know fits this description, we encourage you to apply for this prestigious bursary.

Please visit our website for more information: [Bursaries & Awards | All Nations Trust Company](#)

Ruth Williams Bursary – \$2,500

ANTCO is proud to offer the Ruth Williams Bursary, established to honor the legacy of former CEO and Order of BC recipient, Ruth Williams. This bursary, valued at \$2,500, supports Indigenous students pursuing post-secondary education and/or entrepreneurial activities.

Open to Indigenous students residing in or originally from British Columbia, this bursary is designed to empower students who are committed to advancing their education or starting entrepreneurial ventures.

Please visit our website for more information: [Bursaries & Awards | All Nations Trust Company](#)

Important Details for Both Bursaries:

- Application Deadline: June 1, 2025.
- Apply now and let your story inspire others. Don't miss out on these fantastic opportunities to be recognized for your hard work, resilience, and ambition.



NOT INVISIBLE

#MMIW

96%

On some reservations, the number of sexual violence against Native women committed by non-natives.

Sources: National Institute of Justice, Urban Indian Health Institute

May 5th

National Day of Awareness
for Missing and Murdered
Indigenous Women and Girls

1 in 3 Indigenous Women Will
Experience Sexual Violence

84% of Native Women
Have Experienced Violence
In Their Lifetime

No More Stolen Sisters

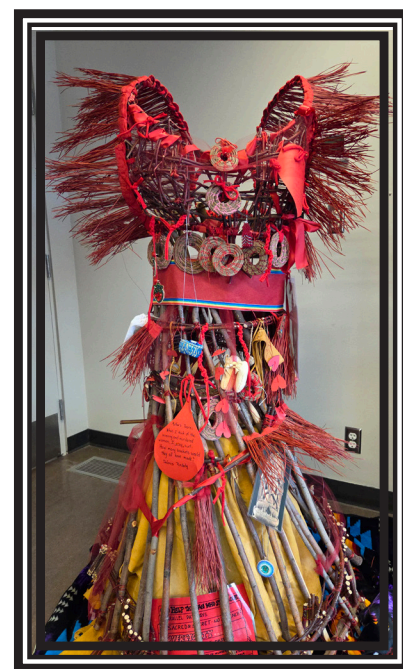
Sponsored by:
LGBT Resource Center; Intercultural Learning and Academic Success; Multicultural Engineering Program; Indigenous Faculty Staff Alliance; Hale Libraries; Center for Advocacy, Response, and Education; DOW Center for Multicultural and Community Studies; Union Program Council, Beach Museum and K-State First.

#NotInvisible



A Decolonizing Exploration of Anti-racist, Arts-based Responses to the Violence Described in the Missing and Murdered Indigenous Women and Girls Report across the Context of higher Education.

The purpose of this study is to explore the question “How can art-based, anti-racist educational strategies support emerging health, education and social work professionals to engage with and respond to specific Missing and Murdered Indigenous Women and Girls Report Calls For Justice and community needs?” We intend to invited post secondary students, faculty and staff in the faculties of education, social work and health to contribute to this work. We intend for the participants to learn about specific Calls for Justice from the final report into Missing and Murdered Indigenous Women and Girls(2019), and then to develop artistic expressions to be attached to a red-willow Secwepemc fish trap. We will focus on the Calls For Justice (7.1-7.9 Calls for Health and Wellness Service Providers; _____ calls for Educators; and 12.1-12.15 Calls for Social Workers and those implicated in child welfare). We intend for the completed Secwepemc Fish Trap and artistic expressions attached to it, to return to the Creator of the fish trap, Secwepemc Elder Collen Seymour. It will be determined by Elder Seymour and her Secwepemc colleagues to determine where the fish trap will be displayed. This is a voluntary event in which participants will be educated about the Calls for Justice (specifically the ones for educators, social workers and health and wellness providers), and invited to share with responses using their own artistic expressions. Small pieces of the car stock, red felt birch bark, or balsa woo in the shape of red dress (or other materials of the participants’ choosing) shape will be provided to the students along with writing tools. Participants will be invited to share white reflections and hang the objects on a viewing. The Secwepemc Fish Trap will be provided by Tk’emlups te Secwepemc Elder Colleen Seymour. At the conclusion of the research project, the Fish Trap and artistic expressions will return to the care and control of Elder Colleen Seymour to be displayed by her in collaboration and in relation to the decisions made by her community colleagues. There may be several direct benefits to participants. Some study participants may appreciate the opportunity to contribute to knowledge development through a research study, and may benefit from learning about collaborative approaches to decolonization and reconciliation. Participants may find sharing their perspectives to make sense of what they have experienced and to feel supported by another person. As well, the information participants share will help to provide the foundation for supporting nursing students, education students and community members to respond to the MMIWG Calls to Justice.



“Red Willow Fish Trap Woman”



First Nations Health Authority
Health through wellness

Mental Health Supports

24 hour supports

Hope for Wellness Help Line

offers immediate mental health counselling and crisis intervention by phone or online chat.

Phone (toll-free): 1-855-242-3310

Website: hopeforwellness.ca.

KUU-US Crisis Line Society

provides crisis services for Indigenous people across BC.

Phone (adults and Elders):

250-723-4050

Phone (Youth): 250-723-2040

Phone (toll-free): 1-800-588-8717

Website: www.kuu-uscrisisline.com.

Métis Crisis Line is a service of Métis Nation British Columbia.

Phone: 1-833-MétisBC

(1-833-638-4722)

VictimLink BC Immediate 24 hours, 7 days a week, crisis support or victims of family or sexual violence.

This service also provides [information and referrals](#) for all victims of crime.

Phone: 1-800-563-0808

Email: VictimLinkBC@bc211.ca

9-8-8 National Suicide Crisis

Helpline offers immediate support anytime for support in English or French.

1-800-SUICIDE offers support for those experiencing feelings of distress including thoughts of suicide. This phone line is available in over 140 languages.

Phone: 1-800-784-2433

Indian Residential School supports

Indian Residential School (IRS) survivors and impacted family members can access supports directly from the IRS service providers listed below.

Adah Dene Healing Society

provides health and cultural supports. Phone: 250-996-5024

Email: nakazdli.elders@outlook.com.

Carrier Sekani Family Services

provides health and cultural supports.

Phone: 250-567-2900

Email: slarocque@csfs.org.

Gitanmaax Health Gitxsan Health Society provides health and cultural supports.

Phone: 250-842-6320 or

Email: healthdirector@gitanmaax-health.ca.

Gitanyow Human Services

provides health and cultural supports.

Phone: 250-849-5288

Email: director@gitanyowhealth.ca.

Indian Residential School Survivors Society (IRSSS) is a partner with the FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools, and their families, regardless of status.

Phone (toll-free): 1-800-721-0066

Website: www.irsss.ca.

Indian Residential School Crisis

Line is a national service for anyone experiencing pain or distress as a result of their residential school experience.

Phone (toll-free): 1-866-925-4419.

Kispiox Health provides health and cultural supports.

Phone: 250-842-6236 Email:

tbaskin@anspayaxwhealth.ca.

Nuu Chah Nulth Tribal Council

provides health and cultural supports.

Phone: 250-724-3939 or Email:

sanne.vanvlerken@nuuchahnulth.org.

Okanagan Nation Alliance

provides health and cultural supports.

Phone: 250-826-7844

Email: Wellness.Manager@syilx.org.

Sik-E-Dakh Health Society

provides health and cultural supports.

Phone: 250-842-6876

Email: andrew@sikedakh.org.

Tsow-Tun Le Lum Society

provides confidential outreach services such as counselling, cultural supports and personal wellness programs.

Phone (toll-free): 1-888-403-3123

Website: www.tsowtunlelum.org.

Other culturally-safe supports

BC Alcohol & Drug Information Referral Service provides information about substance use treatments or supports in your area.
Phone: 1-800-663-1441
Phone (Lower Mainland): 604-660-9382

BC Seniors' Distress Line offers support for Seniors or anyone who is concerned about an older adult.
Phone: 604-872-1234

Foundry virtual access [province-wide virtual services](#) for youth under 24 and their caregivers. All services are free and confidential, and may be accessed through the Foundry BC app or chat. Phone: (1 833 308-6379) or video calls.

310 Mental Health Support offers emotional support, information and resources specific to mental health. This phone line is available in over 140 languages.
Phone (no area code): 310-6789.

Youth supports

Child and Youth Mental Health (CYMH) Community-based teams offer mental health counselling for children and youth and their families across BC from the Ministry of Children and Family Development. Virtual care is available by phone and online. Call your [closest Child and Youth Mental Health clinic](#).

Kids Help Phone Get 24/7, immediate counselling, support, information and referrals. Phone: 1 800 668-6868 or
Text: TALK to [686868](#)
Texting support for adults available by texting TALK to [741741](#)

Youth in BC offers crisis support available for youth 25 and under.
Website: [youthinbc.com](#)

Regional health authority mental health supports

The following regional health authority supports are available to all BC residents.

Fraser Health

Phone: 1-866-766-6960
Website: <https://www.fraserhealth.ca/health-topics-a-to-z/indigenous-health/indigenous-mental-health-and-wellness>

Interior Health

Phone: 310-MHSU (6478)
Website: <https://www.interior-health.ca/health-and-wellness/mental-health-and-substance-use/mental-health/adult-mental-health-services-and-resources>

Island Health

Phone: 1-888-885-8824
Website: <https://www.islandhealth.ca/our-services/mental-health-substance-use-services>

Northern Health

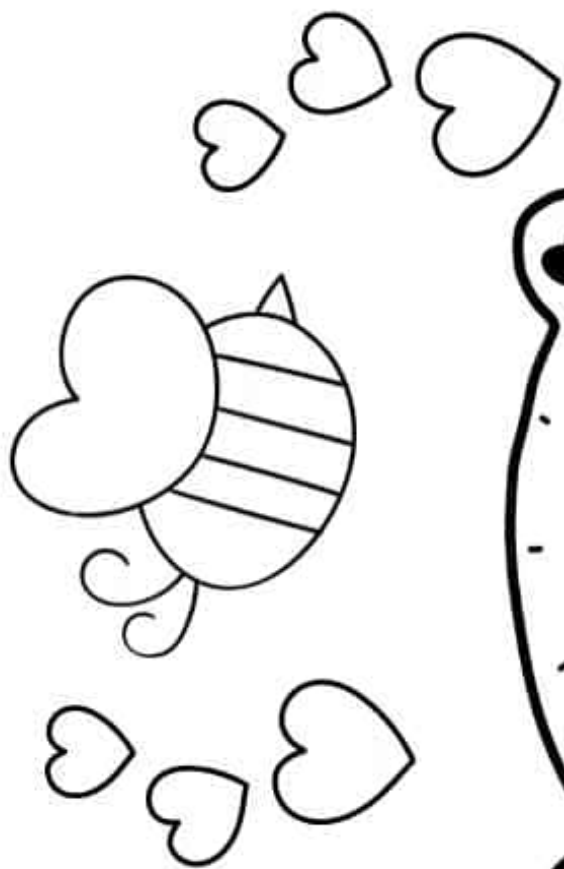
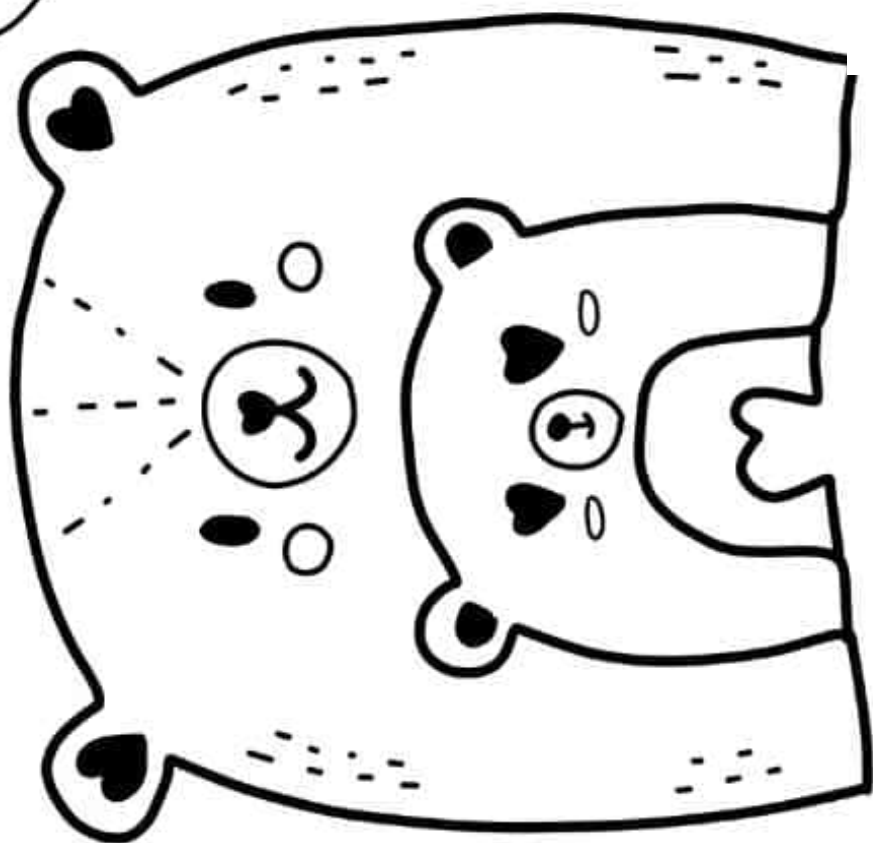
Phone: 310-6789
Website: <https://www.northern-health.ca/services/mental-health-substance-use/get-help-now>

Vancouver Coastal

Phone: 8-1-1
Website: <https://www.vch.ca/en/health-topics/mental-health-substance-use>



HAPPY MAMA BEAR DAY



Safety  **Health Week**

Together
we can create
safe workplaces
and **communities**



#SafetyAndHealthWeek

**MAY
5-10
2025**

13

A poster for National Hospice Palliative Care Week. The background is a dark blue night sky with a bright yellow star. Below the sky are stylized blue mountains. In the foreground, four silhouetted figures are walking on a green hill. The text 'palliative care is for you' is written in a large, white, sans-serif font at the top. Below the figures, the text 'The first full week of May is National Hospice Palliative Care Week' is written in a smaller, white, sans-serif font. At the bottom, the logos for CHPCA ACSP and GSK are displayed.

palliative care is for you

The first full week of May is
National Hospice Palliative Care Week



GSK

May 4-10, 2025

Palliative Care is For You

National Hospice Palliative Care Week is the time to celebrate and highlight the incredible work to provide quality palliative care across the country. Join us in recognizing the impact of palliative care on families, and call for better access to this care for all.

What is palliative care?

Palliative care improves the quality of life and reduces suffering for people with a life-limiting illness.



Quality of life is what you define as well-being for yourself. This includes your comfort. It also includes the experiences that are important to you and your ability to enjoy them.



Life-limiting illnesses are serious illnesses that could shorten your life and cause death. They have a big impact on your health and quality of life.

Palliative care is whole-person care.

Your illness affects many parts of your life. Palliative care can support you with:

- your pain and other symptoms,
- your emotional and mental health,
- your spiritual well-being,
- your practical needs for daily life.

Your illness affects the people in your life too. Palliative care also helps those who care for you while you are sick and those who care about you. If your illness leads to death, it also supports your loved ones with their grief.

Palliative care is about you.

It focuses on meeting your unique needs. Your goals, your values, and what is important to you and your loved ones all guide your care.

Palliative care is a way of caring.

It is more than a specialized type of health care. It is an approach to caring for people who are suffering because of an illness.

Palliative care is whole-person care, for any stage of illness.



Gluten Free Chocolate chip Oatmeal Cookies

For more Celiac
friendly recipes
or information on
Celiac Disease



SCAN ME

Ingredients

1. 1/4 cup butter, room temperature
2. 1/2 cup brown sugar
3. 1 large egg
4. 1 tsp vanilla
5. 1 cup Valley Kitchen all-purpose flour
6. 1/2 cup Valley Kitchen oatmeal
7. 2 tsp baking powder
8. 1/2 cup chocolate chips

Instructions

1. Preheat oven to 350°F.
2. Line 2 small, or 1 large, baking sheets with parchment paper.
3. Using an electric hand or counter-top mixer, cream the butter and brown sugar.
4. Beat in the egg and vanilla. Add the Valley Kitchen all-purpose flour, Valley Kitchen oatmeal baking powder, and chocolate chips.
5. Mix with a heavy spoon or spatula.
6. Scoop the dough onto the lined baking sheets.
7. Bake for 10-12 minutes.
8. Move to a rack to cool.



KINDERGARTEN

DAY

Thursday May 15, 2025

10 am - 2 pm

At 130 Chilcotin Road

Outdoor Event For Your Children
(Ages 3 - 5)
Dental Screenings
with QHS Dental Hygienist
Hearing Screening with IHA Audiologist
Entertainment by Uncle Chris the Clown
Bouncy Castle Outdoor Fun
Drumming
at 11:15 am
Lunch Provided
at 11:30 am
Any questions call
250-314-6732



Q'wemtsín
HEALTH SOCIETY



May 4 – 10, 2025

Emergency Preparedness Week

canada.ca/get-prepared

I8



Government
of Canada

Gouvernement
du Canada

Canada

Make an Emergency Plan

It will take you about 20 minutes to make a family emergency plan online. You can then print it out. Before starting, you will need to think about:

- Safe exits from home and neighbourhood
- Meeting places to reunite with family or roommates
- Designated person to pick up children should you be unavailable
- Contact persons close-by and out-of-town
- Health and insurance information
- Places for your pet to stay
- Risks in your region

Location of your fire extinguisher, water valve, electrical panel, gas valve and floor drain

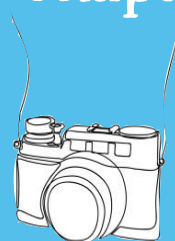
To create a
printable/downloadable
emergency plan online
scan the QR code to get
started



Did You Know?

Q'wemtsin Health Society
is having a
photo competition!

*The theme of the competition is
wild and free in our
community*



How it works:

Share your favourite photo of you
and your Family Celebrating life in our
Secwepemc
communities.

If your photo is selected to be featured
in our
monthly newsletter you will win an
Instax Mini Camera!

Have your photo in by : June 30, 2025!
For your chance to win!



For more information
contact QHS at
250.314.6732

Photo submissions sent
via email to:
alexis@qwemtsin.org



Q'wemtsín
HEALTH SOCIETY

Too Much of a good thing: Vitamins

The key difference between fat-soluble and water-soluble vitamins lies in their ability to dissolve and be stored in the body. Fat-soluble vitamins, like A, D, E, and K, dissolve in fats and can be stored in the body's fat tissue and liver, while water-soluble vitamins, like C and the B vitamins, dissolve in water and are not stored and are excreted through urine.

It is possible to take too much of any vitamin and cause the body harm. Especially the fat-soluble vitamins that are stored, but even water soluble can be harmful if we ingest too much.

How can I tell if I am taking too many vitamins?

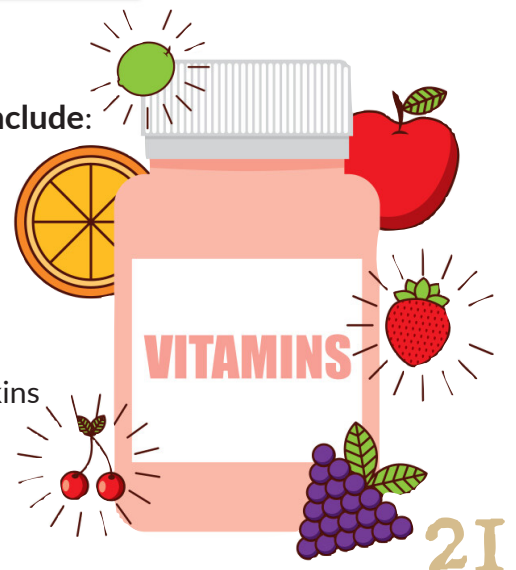
- Flushing (reddened skin) from niacin (vitamin B3)
- Dry, cracking skin.
- Itching, burning skin, or rash.
- Yellow-orange areas of skin.
- Sensitivity to sun (more likely to sunburn)
- Hair loss (from long-term overdose)

Vitamin Toxicity Symptoms

Vitamin D	Vitamin A	Vitamin B ₆	Vitamin C	
Abdominal cramps, nausea, vomiting, calcium crystal deposits that affect liver, kidney, lungs (calcium salts are irreversible)	Water in the brain, vomiting, tiredness, constipation, bone pain, brittle nails, hair loss, birth defects	Mobility issues such as tingling and numbness in the hands and feet, trouble walking, trouble grasping small objects (difficult to reverse symptoms)	Kidney and gallbladder stones in those prone, but normally it just makes really expensive urine	
Folate	Vitamin B ₁₂	Vitamin K	Niacin	Vitamin E
Pernicious anemia, kidney damage	Diarrhea, swelling, blood clots in legs	Anemia in adults, death in infants	Flushed skin, nausea, diarrhea, liver damage	Headaches, tiredness, double vision, diarrhea, Vitamin A, D, K deficiency

Fat-soluble vitamins are abundant in various food sources, which include:

- Fortified milk, cheese, cream, butter
- Eggs, Salmon, liver
- Green leafy vegetables
- Dark orange fruits
- Vegetables like carrots, winter squash, sweet potatoes, and pumpkins
- Nuts and seeds
- Whole-grain products



Water-soluble vitamins, including Vitamin C and the B vitamins (Thiamin, Riboflavin, Niacin, Pantothenic Acid, Pyridoxine, Folate, and B12), are primarily found in:

- Fruits & vegetables
- Whole grains
- Milk, and dairy products. These vitamins are not stored in the body and need to be consumed regularly

For most healthy individuals, a balanced and varied diet typically provides all the vitamins and minerals they need. However, some individuals may benefit from taking vitamin and mineral supplements depending on individual needs. It's always a good idea to check with your family doctor or pharmacist.

Are Vitamins safe to take with other medications

Vitamins can interact with medication in ways that can be dangerous. Some supplements can interfere with how your body processes medications, potentially causing too little or too much of the medicine to be absorbed, leading to reduced effectiveness or increased side effects.

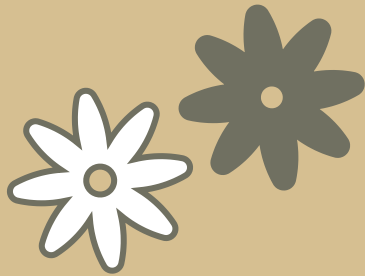
If you take medication, **you should always check with your doctor and pharmacist** that it is safe to take vitamins, supplements, and home remedies.

There can be adverse reactions and side effects if medications don't mix with other things we are consuming.

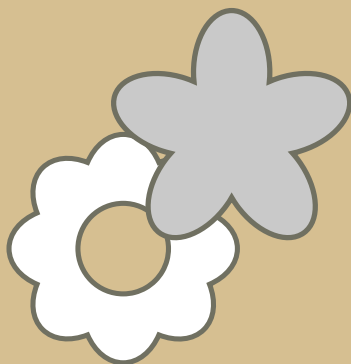
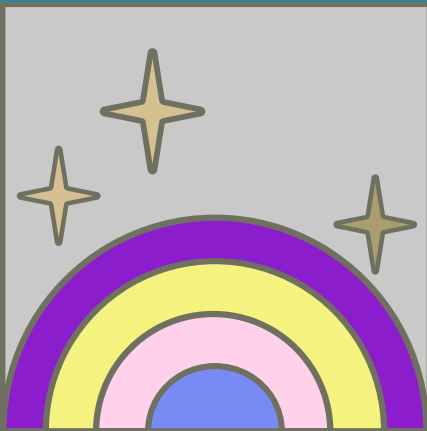
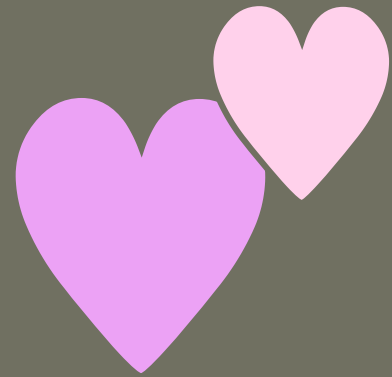
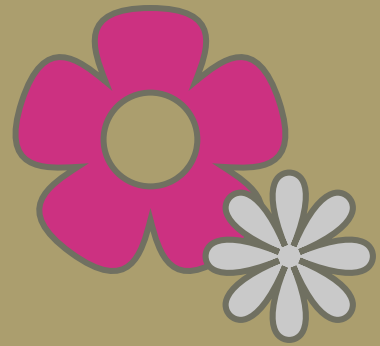


Preschool/ Kindergarten Wellness Day

For Skeetchestn Community



Q'wemtsin
Health Society



Wednesday, May 14th



11:30am - 2:00pm

**THE SKEETCHESTN
HEALTH CENTRE**



FOR MORE
INFORMATION PLEASE
CALL SKEETCHESTN
HEALTH CENTRE AT
250.373.2580



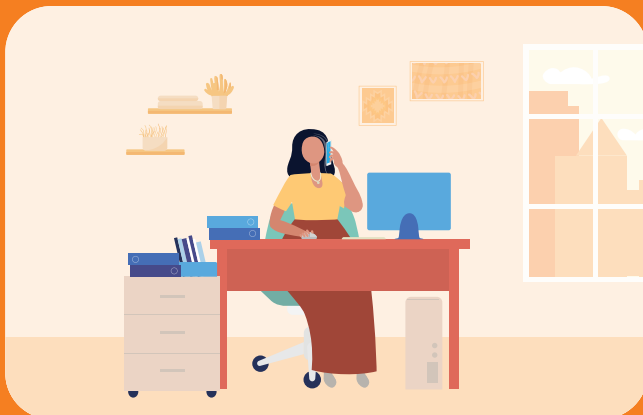
INTERIOR REGION

First Nations Health Authority

Have feedback about a **health care experience?**



Health care should feel safe, supportive, and well-communicated.
If you have experienced a health care incident that you have concerns about, we are here to hear your story and provide support.



THIS COULD INCLUDE:

- A compliment
- A health care concern or complaint
- General feedback

ABOUT A:

- Counselling or dentist appointment
- Hospital or clinic visit
- Any other health care related experience





INTERIOR REGION

First Nations Health Authority

How was your quality of care? Let FNHA know.

Program Vision: Health and wellness programs and services that are safe and accountable to BC First Nations.

Program Mission: In the spirit of program excellence and continuous quality improvement, this office will centre the voice and wisdom of BC First Nations by using their experiences to define, improve and ensure accountability for safe health care.

We are here to receive any feedback you have about the care you, your family members or your loved ones have received, and to provide a transparent process for responding to concerns you may have about your care or for passing on your compliments.



Why you might contact us:

- **Make a complaint:** Tell us if the care you received did not meet your expectations.
- **Share a compliment:** Let us know if you had a positive experience. We can pass on your positive feedback to the people and teams that made a difference in your care.
- **Ask a question:** Do you have a question about a program or service? Are you wanting more information about your health records? Feel free to reach out and we'd be happy to navigate you to the right people or information.

What happens when you contact us:

When you contact us by email or leaving us a voicemail, we will get in touch within two business days. Our Quality Care Coordinator will then give you a call to get more information about your experience.

Contact the Quality Care and Safety Office at:

Toll-free line at: 1-844-935-1044

Email at: qualityinterior@fnha.ca

Scan here for more information



For over 25 years, InspireHealth has supported the physical, emotional, and spiritual health of cancer patients and their loved ones before, during and after treatment. All programs and services are FREE of charge.

InspireHealth's signature two-day LIFE Program provides essential tools and knowledge to support the health and well-being of individuals facing cancer, along with their loved ones.

This FREE in-person program is led by our team of supportive care clinicians including Physicians, Counsellors, Dietitians and Exercise Physiologists. - You are welcome to **REGISTER NOW**.

You will learn about:

- Stress reduction
- Sleep management
- Self-Care
- Nutrition
- Lymphatic health
- Exercise & movement

FREE REGISTRATION. SPACES ARE LIMITED!

DATES: May 13 & 14, 2025

TIME: 9:30 am - 3:30 pm
(Includes lunch & refreshments)

LOCATION: In-person
Kelson Hall,
330 St. Paul Street, Kamloops, BC

Scan me
to register



INSPIREHEALTH - LIFE PROGRAM In Kamloops • In Person

May 13 & 14, 2025

SUPPORTIVE CANCER CARE

REGISTRATION NOW OPEN

In partnership with:



May

Pell7é7llqten

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Dietitian Foot Care	2	3
4	5 Dr. Craniosacral Therapy SIB	6 Craniosacral Therapy	7 Naturopath	8 Dietitian Foot Care	9	10
11 Mother's Day	12 Dr. Craniosacral Therapy	13 Dr.SIB Craniosacral Therapy	14 Naturopath	15 Foot Care	16	17
18	19 Office Closed	20 Dr. Craniosacral Therapy	21 Naturopath SIB	22	23	24
25	26 Dr. Craniosacral Therapy	27 Dr. Craniosacral Therapy	28 Naturopath	29 Foot Care	30	31

Primary Care Services

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

Virtual	Northshore Pharmacy and Care Clinic <ul style="list-style-type: none"> • (250)376-9991 • https://northshorepharmacy.ca/ • Monday to Saturday 9:00 am – 5:30 pm, Sunday and Holidays 9:00 am – 10:00 am • Virtual appointments in the pharmacy <p>***must be willing to switch to using their pharmacist***</p>
	Enhanced Care Clinic (Go to Doctors.ca) <ul style="list-style-type: none"> • https://www.enhancedcare.ca/online-booking/ • Location/Services, click “Virtual/Phone Appointment by Godoctor.ca” and location “British Columbia” • virtual/phone appointments
	FNHA Dr of the Day – 1-855-344-3800 <ul style="list-style-type: none"> • 1-855-344-3800 • 7 days a week, 8:30 am – 4:30 pm • All First Nations and their families • https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day
	TIA Virtual Health Clinic <ul style="list-style-type: none"> • Book online: Tiahealth.com • Virtual or Telephone appointments
	Virtual Physicians at Health Link <ul style="list-style-type: none"> • Call 811 • 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.
	Rocket Doctor <ul style="list-style-type: none"> • Virtual Services • Book online: https://rocketdoctor.ca/online-doctor-bc/ • Available 24 hours a day, 7 days a week
	VivaCare Telehealth <ul style="list-style-type: none"> • Monday – Friday 8:00 am – 9:00 pm, Saturday – Sunday • Book online: https://vivacare.ca/telehealth-online-doctor/ • Virtual or telehealth appointments available

Resource Numbers



Q'wemtsín
HEALTH SOCIETY

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'wemtsín 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.....	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
Tsow-tun Le Lum Society	
Cultural Support Counselling.....	1-888-403-3123
Hope for Wellness.....	1-855-242-3310
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.....	1-833-638-4722
Kuu-us Crisis Line Society	
Adults.....	250-723-4050
Youth.....	250-723-2040
Toll Free.....	1-800-588-8717

First Nations Health Authority

Health Benefits (Toll Free).....	1-855-550-5454
Toll Free.....	1-866-373-2493
Email.....	info@fnha.ca

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 Rescue.....	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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