

Newsletter

July
Edition
2025

Welcome Summer



Q'wemtsín
HEALTH SOCIETY

Q'wemtsin Health Society •
250.314.6732

130 Chilcotin Road
Kamloops BC, V2H 1G3

qwemtsin.org

Kamloopa Powwow 2025 • Credit by QHS staff

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What People Think Self-Care Is

- Overindulgence in spending
- Binge-eating your favorite but unhealthy foods
- Participating in activities that provide instant gratification
- Going on expensive and lavish vacations
- Perfecting oneself by any means necessary
- Numbing bad feelings using alcohol or illicit substances
- Binge-watching television

What Self-Care Actually Is

- Prioritizing one's physical and mental health
- Adopting healthy lifestyle habits that can be maintained long-term
- Eating a healthy diet
- Finding exercise activities that you enjoy and participating in them regularly
- Getting an adequate amount of good-quality sleep
- Following treatment plans for existing conditions accordingly
- Taking time out for yourself to participate in healthy activities you enjoy

Why is self-care important?

Practicing self-care regularly can bring about both short- and long-term benefits that lead to improved well-being and an improved health status.

Short Term- In the short term, people who practice self-care can see positive changes such as:

- Reduced stress levels
- Increasing self-worth
- Feelings of belonging

Long-Term- While the short-term benefits of self-care are good, the long-term benefits are what self-care is more focused on. Some long-term benefits include:

- Managing chronic conditions
- Disease prevention
- Stress reduction
- Healthier relationships
- Improved job satisfaction
- Reduced burnout
- Improved quality of life

How to practice self-care

Building your perfect self-care plan will depend on your personal health and lifestyle. To create a plan to encourage better health and well-being:

- Get regular exercise
- Eat healthy and nutritious foods
- Prioritize sleep and restful time
- Engaging in relaxing activities
- Practice gratitude and positivity

DID YOU KNOW?

You can request to have our
newsletter sent directly to you as a
hard copy in the mail/e-mail

or

access it on our website!



How would you like to receive
our newsletter?

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



Use this QR code to access
the newsletter directly on
our website



Use this QR code to *sign up*
scroll down to the
bottom of our website



Q'wemtsín
HEALTH SOCIETY

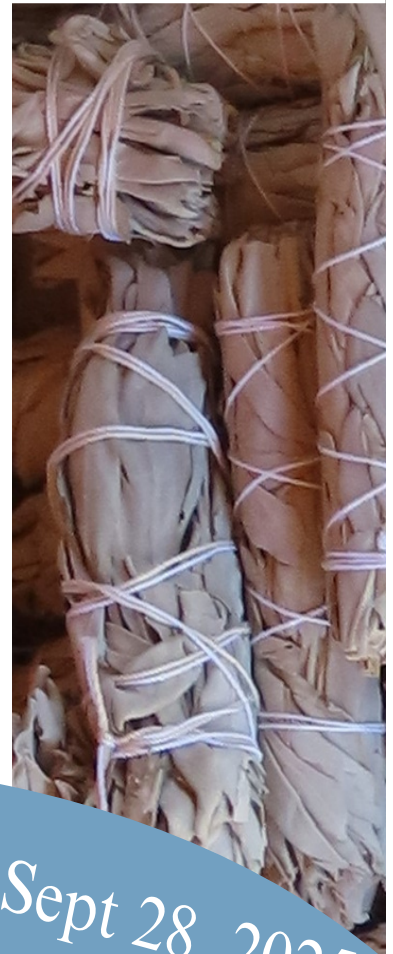
Staff Profile



Welcome back our caring staff Tiffany P. who is now the Office Manager for Q'wemtsin Health Society. She was away from the office for maternity leave in 2024, and now has returned to the job force with us as of spring 2025. She is mainly located at our office in Kamloops, however, she does travel to Skeetchestn Health Centre for assistant periodically. Tiffany herself is an off-reserve Skeetchestn band member. Many people have cherished her presence. She has a very invitng energy, gentle yet assertive spirit.

Tiffany loves being involved with the community and often participates in variety of activies whenever she can, so you might have seen this lovely lady at some of our events from time to time. At her own spare time, she enjoys beading and creating, she loves composing art with her children, and she has a great talent for organization.

Please feel free to give her a warm welcome smile whenever you see her, either in the office or out and about in the community.



Kweseltken Market Season June 1 - Sept 28, 2025

Join Us

Sundays

8:30am - 1:30pm

Free Admission and Everyone Welcome

- No Long weekend Markets
- BC Farmer Market Coupons Available
- Hand Crafted Artisanal items
- Fresh Produce and Homemade Goods



New Location: 520-185 Chief Eli Larue Way, Kamloops, BC
See Map for additional information

For more information Contact:
(250) 214-2436 or kweseltkten@cfdcfcifn.com



Across from **ANTCO** and Tim Hortons
Join Us Sunday 8:30-1:30 PM

No Market Long Weekends*

Free Admission
Everyone Welcome

New Location: 520-185 Chief Eli Larue Way, Kamloops, BC



QHS Ladies Day



15 MINUTE BEGINNER WORKOUT

no equipment required



**30 second march in
place**



**20 forward
lunges**



20 squats



**30 second
cat cow stretch**



20 hip bridges



**20 second
air punches**



**20 bicycle
crunches**

Do two sets - rest one minute in between each set

As the weather continues to warm up, it's important to stay safe while enjoying the water. Rapid snow melt across the province is causing snow-fed rivers to run high, fast, and are icy cold. Be aware that strong currents and cold temperatures can increase the risk of drowning and/or lead to injury. The ocean and lakes are also still colder at this time of year, even on a hot, sunny day and can cause cold shock for swimmers, increasing the risk of drowning. To stay safe, consider cooling off in other places like shady woods or basements, especially if rivers in your community are affected by snow melt.

Tips to staying safe

- Stay out of fast-moving water
- Keep children and pets away from riverbanks, which can be slippery or break away
- Wear a lifejacket if you are in a boat or canoe

Always have a safety plan, including having a safety buddy with you. If going alone, let people know your plans.

Keep you and your loved ones safe this spring. A river's strength can surprise you.



SUMMER

First Nations traditional wisdom at the heart of FNHA approach to drought resilience

A message from Dr. Kamran Golmohammadi, FNHA Medical Officer, Environmental Health, Office of the Chief Medical Officer; and Samson Wong, FNHA Senior Manager, Environmental Public Health Services & Public Health Response

Climate change and droughts are major environmental problems worldwide, including in British Columbia (BC). As of 2025, over 85 per cent of the lands in BC have experienced extreme drought.

World Environment Day, June 5, is a good time to talk about drought, and how First Nations communities in BC are taking the lead in tackling these challenges,

First Nations communities across BC are using strategies that blend traditional knowledge and Western approaches. These strategies are community-driven and Nation-based, providing First Nations with the tools they need to develop their own drought resilience planning.

Drought resilience means taking steps ahead of time to make sure communities are better prepared for drought, rather than dealing with emergencies as they happen. This involves strategies such as protecting the environment by sustainable land-use practices and enhancing water management.

The First Nations Health Authority's Climate Health Action Program supports a variety of community-driven initiatives across BC to address the impacts of climate change on the health and well-being of First Nations. These projects support First Nations communities to address a wide range of environmental changes and events—including droughts.

For example, Kitselas First Nation conducted its first climate change risk assessment to better understand and address health and environmental risks affecting its members. Community members shared concerns regarding floods, droughts, and heatwaves, and particularly the impacts these events have on traditional foods like salmon. The Kitselas Lands and Resource department has published articles to build awareness about the initiative and are conducting assessments of the health of the local watershed.

Another example is the Kanaka Bar Food Self-Sufficiency Project, which has applied a climate lens to inform the design of community food forests, orchards, and pasture lands. This included planting a diversity of crops at different times throughout the year to learn which are most resilient to changing weather patterns like increased drought and high temperatures. They have also invested in irrigation systems that use less water.

Integrating First Nations knowledge with Western science creates a more comprehensive and holistic approach. Combining lived experience and traditional knowledge with data and technology supports stronger, more adaptive solutions. First Nations knowledge can offer understanding of local ecosystems that are essential for identifying and managing drought impacts.

First Nations' traditional stewardship practices, such as sustainable water and land management, have maintained ecosystem balance and biodiversity for hundreds of years, demonstrating proven resilience to environmental change.

The FNHA is committed to building strong partnerships that bring together First Nations knowledge

Events happening in July

Starting July 1 | Music In The Park: Experience the enchanting atmosphere of Riverside Park in July and August with the city's free, nightly summer concert series. Supported by the City of Kamloops and BCLC, this exciting event showcases diverse musical genres, including blues, rock, classics, country, tribute bands, and family-friendly acts (See the full Schedule here). Take in the captivating performances at the Riverside Park Rotary Bandshell from 7:00 p.m. to 8:30 p.m. each evening, considering that shows are subject to weather and air quality conditions.

July 5 - 7 | 2 Rivers Remix Tk'emlúps Feast: The 2 Rivers Remix Feast of Contemporary Indigenous Music and Culture is returning to Tk'emlúps te Secwépemc territory live/streamed and IN PERSON July 5 to 7, 2024! Taking place at Kamloops Race Central, this free event features all Indigenous-led musicians and artists – focusing on women, 2-Spirit, youth, elders and survivors – creating an environment of safety, inclusion and value for all.

July 7 - 11 | The ScotDance Canada 2024 Championships are coming to Sandman Centre. Cheer on dancers from across the nation as they compete for the #1 spot of Scottish Highland dancing.

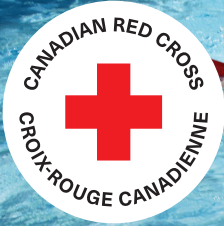
July 8 - 27 | Project X Theatre Under the Trees: Join Project X in celebrating their 20th anniversary season at Prince Charles Park downtown. This summer's Theatre Under the Trees runs from July 8th to 27th featuring two plays: Munsch Ado About Nothing and Treasure Island.

July 25 - 28 | International Buskers Festival: Get ready to be amazed at the 5th Annual Kamloops International Buskers Festival from July 25 to 28 at Riverside Park. Experience awe-inspiring performances from around the world by acrobats, magicians, jugglers, musicians, and more. Enjoy free admission, savour delicious food from local food trucks, and join the unforgettable celebration of art, music, and entertainment.

Till July 20 | Kamloops Rivers Football Club: Don't miss the opportunity to catch the exhilarating matches of the Kamloops Rivers Football Club as they take the field this summer till July 20th, 2024. Head over to Hillside Stadium or McArthur Island Field to witness this talented football club's skill, passion, and teamwork.

July 25 - August 18 | Kamloops International Cup: this summer you can cheer on English Premier League soccer right here in Kamloops! Fulham U21 Men and Aston Villa U21 Women are bringing their skills to our fields over six matches between July 25 and August 18th, 2024. Sign up for their newsletter and follow along on Instagram to get the latest updates on upcoming games and ticket sales!

Throughout July | NorthPaws Baseball: Experience the thrill of baseball and support the NorthPaws team as they take the field at Norbrock Stadium this summer. Catch one of their home games before August 4th, and see the stadium come alive with the sounds of cheering fans, the bat's crack, and the game's excitement.



Summer Water Safety

For many Canadian families, summer includes activities such as boating and swimming. But each year, tragic and avoidable water-related fatalities occur across Canada.

A Canadian Red Cross report examining fatalities over 10 years revealed many common factors:

- Young children ages 1 to 4 and men ages 15 to 44 are at the greatest risk of drowning.
- Drowning is one of the leading causes of unintentional death for Canadian children ages one to four.
- A small child can disappear in seconds and can drown in only a few centimetres of water—enough to cover the mouth and nose. Typically these drownings occur in backyard pools, toddler pools, the bathtub, or at the beach.
- Small children are also the most vulnerable group for near drownings. For every death, there are an estimated four to five additional near-drowning incidents, which require hospitalization and often result in varying degrees of brain damage.
- Infants and toddlers drowned mainly in bathtubs and pools, whereas older children and youth drowned mainly in large bodies of water.
- Other factors for adults in water-related fatalities included current and alcohol consumption.



Water Safety in Addition to Skills

Though important, swimming skills alone aren't always enough to save a life. Many drowning incidents involve other factors that swimming skills alone cannot prepare an individual for. Learning water safety—such as how to prepare for an emergency, and what to do if one should occur—is key to preventing an emergency in or on the water. It's swimming skills combined with safety knowledge and skills that saves lives.

The Red Cross Swim program teaches both swimming skills and water safety. The infant and preschool program, Red Cross Swim Preschool, teaches caregivers strategies on how to effectively supervise children around water and teaches preschoolers not to go near the water without an adult.



Prevention



Active supervision

- The absence of adult supervision is a factor in most child drownings.
- Whether it's a pool, the bathtub, a water park, or the beach, always watch children actively around water—even if they can swim.
- Consider requiring all non-swimmers to wear a lifejacket to keep them at the surface to assist you while supervising.



Backyard pools

- Backyard pools are especially dangerous for small children. Ensure adequate barriers are in place such as four-sided fencing (recommended at least 1.2 m in height, with gaps no larger than 10 cm), along with a self-closing, self-latching gate.
- Empty portable toddler pools after each use.



Bathing children

- When bathing infants or toddlers, an adult should remain with the child at all times—children should never be relied upon to supervise other children in the bath.
- When a child is in the bathtub, never leave to answer the phone or for any other momentary distraction.



Diving

- Diving head-first into water should be avoided unless the individual is properly trained and is sure that the water is deep enough.
- Avoid diving in home pools and always enter the water feet-first.



Open water

- Never underestimate the power of currents. Swimmers or waders can be swept away in an instant, particularly if non-swimmers or weak swimmers get caught by a current in rivers or out of their depth in abrupt drop-offs.
- Be cautious about swimming in currents, and know what to do if caught in a current.

SUNSCREEN 101

EVERYTHING YOU NEED TO KNOW ABOUT CHOOSING A SAFE AND EFFECTIVE SUNSCREEN

DOES A PRODUCT STILL WORK AFTER ITS EXPIRY DATE?

Sunscreens contain chemicals that eventually break down, compromising the effectiveness of the product, so you should not use a sunscreen after its expiry date. Also, sunscreens are often kept in hot temperatures - in the glove compartment of a car or in a beach bag - conditions which accelerate the deterioration of the product.

HOW LONG DO I NEED TO WAIT AFTER APPLYING SUNSCREEN BEFORE GOING OUTSIDE?

Despite popular belief, sunscreen starts working immediately after applying them! Just don't jump right into the water or they may wash off: give them 15 minutes to "set" on your skin first.

ARE SUNSCREENS SAFE?

The safety of UV filters has been shown in an extensive program of toxicological studies. The benefits of sunscreen preventing skin cancer and aging have been well-studied, and proven in large scientific medical studies of people in Australia followed for over 10 years.

WHAT ARE SUNSCREENS?

Sunscreens are barriers which are applied to the skin. They work by absorbing or reflecting some of the sun's ultraviolet radiation (UVR). Sunscreens come in a wide variety of forms - creams, lotions, sprays, gels, and sticks - and there are many brands to choose from.

CHEMICAL VS. MINERAL

All approved sunscreens contain active ingredients called "filters" that absorb part of the UV radiation produced by the sun. Organic filters used in "chemical" sunscreens absorb UV radiation. Inorganic filters used in "mineral" or "physical" sunscreens attenuate UV mainly by absorption as well, but also by some scattering of light (e.g. zinc oxide, titanium dioxide).

WHAT SUNSCREENS ARE RECOMMENDED FOR SENSITIVE SKIN?

If you have sensitive skin, try a small amount of the product on your arm and check for any reaction up to 48 hours later. People intolerant to sunscreens should look for products labelled "mineral" or "physical" or "chemical-free". These usually contain ingredients such as titanium dioxide and zinc oxide. Fragrance-free sunscreens are also recommended for those with sensitive skin.

WHAT DOES SPF MEAN?

All sunscreens are labelled with a sun protection factor (SPF) number. This relates to the amount of time it takes for your skin to burn without any protection, and how long it would take if you used the appropriate amount of sunscreen. An SPF is the ratio between the amount of UVR that will cause sunburn in sunscreen-protected skin, compared to unprotected skin. Sunscreens should not be used to extend the amount of time you would usually spend in the sun. Sunscreens should be used with other forms of sun protection, such as shade, hats, clothing, and sunglasses, to protect you as much as possible.

DO I NEED TO WEAR SUNSCREEN ALL YEAR?

In Canada, you should wear sunscreen every day from April to September when the UV Index is consistently above 3. It is a good idea to consider wearing daily sunscreen in the winter on exposed sites when outdoors. You should always protect yourself from the sun from 11 am to 3 pm from late spring to early fall and during winter.

The sun is stronger at the equator and at higher altitudes where the thinner atmosphere blocks less UV radiation. The damaging effects of direct exposure to the sun can be increased if there is reflection from snow, water, and light-coloured sand. Snow reflects up to 80 percent of the sun's UVR - so you could be getting a double dose of radiation when involved in winter sports.

HOW DO I CHOOSE A SUNSCREEN?

Look for a product with a minimum SPF of 30 labelled "broad spectrum" to protect against both ultraviolet B (UVB) and ultraviolet A (UVA).

IS IT WORTH BUYING A SPORT SUNSCREEN?

Some sunscreens are labelled "sport" have been specially formulated to stay on the skin during heavy perspiration and some are designed for better grip (less slippery on the hands).

LOOK FOR THE LOGO

Look for the Canadian Dermatology Association (CDA) logo on products to ensure the safety and effectiveness of the sunscreen. CDA Expert Advisory Board recognized products meet the following criteria:

- ✓ Broad-spectrum with an SPF of 30 or higher
- ✓ Non-irritating and hypo-allergenic
- ✓ Minimally perfumed or non-perfumed
- ✓ Non-comedogenic

HOW MUCH TO APPLY?

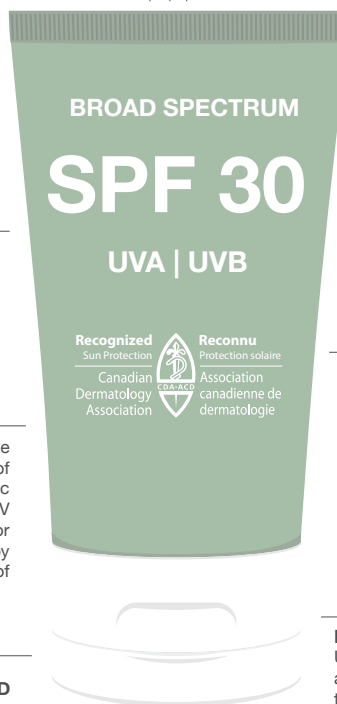
Use a generous amount of sunscreen (the average adult requires approximately two to three tablespoons of lotion-formulated sunscreen to cover the whole body, and a teaspoon to cover the face and neck). Studies show most people only apply 1/4-1/2 the amount of sunscreen they need to achieve the SPF number on the sunscreen bottle, so be generous!

WHAT IS UVA & UVB?

UVB is a shorter wavelength of light that affects the top layers of the skin and cause sunburns, tanning, and skin cancer. This explains why it is never safe to "tan", as the same wavelengths of light that cause tanning also cause skin cancer. Ultraviolet A (UVA) radiation penetrates more deeply into the skin and is responsible for premature aging, and can contribute to the development of skin cancer.

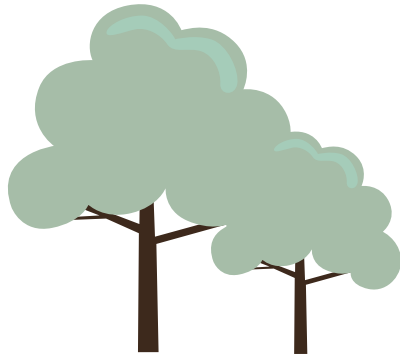
WHEN DO YOU NEED TO REAPPLY SUNSCREEN?

Apply sunscreen generously and reapply after swimming, strenuous exercise, or toweling off.



THE CANADIAN DERMATOLOGY ASSOCIATION SUPPORTS THE USE OF SUNSCREEN AS AN EFFECTIVE AND SAFE MEANS TO PROVIDE PROTECTION FROM THE SUN'S HARMFUL RAYS. THERE IS STRONG SCIENTIFIC EVIDENCE OF THE ADVERSE EFFECTS OF UV EXPOSURE. SEEKING SHADE, WEARING PROTECTIVE CLOTHING AND SUNGLASSES, AND USING A BROAD SPECTRUM SUNSCREEN ALL HELP IN PROVIDING SAFE SUN PROTECTION.

SUN SAFETY FOR EVERY DAY



THE SUN'S RAYS ARE STRONGEST BETWEEN
11 AM - 3 PM
SEEK SHADE DURING THESE HOURS

PROTECTIVE CLOTHING



Wear clothing that covers as much skin as possible.

WIDE-BRIMMED HAT



Hats should shade the head, face, ears, and back of the neck.

Use sunscreen labelled "broad spectrum" with a sun protection factor (SPF) of at least 30 on skin not covered by clothing.

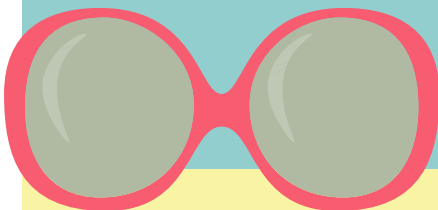
Apply sunscreen generously and reapply after swimming, strenuous exercise or towelling off.

Look for the Canadian Dermatology Association Sun Protection Recognition logo on sunscreen products.



SUNSCREEN

ALWAYS WEAR UV-PROTECTIVE SUNGLASSES



Look for sunglasses or prescription lenses with full UVA and UVB protection. Examples of appropriate labels are "UV400" or "100% UV protection."

The best UV protection is offered by close-fitting wraparound sunglasses.

THE CANADIAN DERMATOLOGY ASSOCIATION SUPPORTS THE USE OF SUNSCREEN AS AN EFFECTIVE AND SAFE MEANS TO PROVIDE PROTECTION FROM THE SUN'S HARMFUL RAYS. THERE IS STRONG SCIENTIFIC EVIDENCE OF THE ADVERSE EFFECTS OF UV EXPOSURE. SEEKING SHADE, WEARING PROTECTIVE CLOTHING AND SUNGLASSES, AND USING A BROAD SPECTRUM SUNSCREEN ALL HELP IN PROVIDING SAFE SUN PROTECTION.

DERMATOLOGY.CA

Canadian
Dermatology
Association



Association
canadienne de
dermatologie

July

Pell-tpéntsik

Blue - Skeetchstn Health Centre

Black - Q'wemtsin Health Society

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|--|---|---------------------------------------|---|---------------|---------------|
| | | ¹ CANADA DAY | ² Naturopath | ³ Dietitian Foot Care | ⁴ | ⁵ |
| ⁶ | ⁷ Craniosacral Therapy Foot Care | ⁸ Clinical Craniosacral Therapy | ⁹ Naturopath | ¹⁰ Dietitian Foot Care | ¹¹ | ¹² |
| ¹³ | ¹⁴ Clinical | ¹⁵ Clinical | ¹⁶ Naturopath Dental | ¹⁷ Dietitian Foot Care | ¹⁸ | ¹⁹ |
| ²⁰ | ²¹ Clinical Craniosacral Therapy | ²² Craniosacral Therapy | ²³ | ²⁴ Dietitian Foot Care | ²⁵ | ²⁶ |

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 |

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| 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

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

Royal Inland Hospital

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

Indigenous Patient Navigator (RIH)

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