

Newsletter

November
Edition
2025



Poppy Flowers • In Honoring of the Remembrance Day • Credited by QHS Staff

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



Q'wemtsín
HEALTH SOCIETY

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Photo retrieved from World Wide Web

Nettles are herbaceous flowering plants commonly referred to as stinging nettles. This plant has been used in traditional medicine for centuries, and are known for their potential health benefits, including anti-inflammatory properties and support for immune system.

Nettle, long recognized for its antihistamine properties, can help alleviate the discomfort of seasonal allergies. The list below presents some of the benefits of stinging nettles:

- Nutrient-rich and good for overall health
- Allergies
- Gout
- UTI
- May help reduce the enlargement of the prostate in person with BPH (benign prostatic hyperplasia)
- Healthy nails/skin/hair
- Women's health
- Blood pressure/ blood sugar control
- Anticancer properties
- Autoimmune disease
- Support eye health
- Reduce risk of infection
- Protects heart/ Kidney/ gallbladder health

Wind Dried Fish Soup



Photo Credited by Megan Rosette

What you need:

- 1 tbsp - Olive oil
- 1 large - Onion
- 3 stalks - Celery, chopped
- 3 large - Carrots, chopped
- 1 large - Potato, skin on and cubed
- 1 large, Bay leaf
- 2-3 cups, Tomato, diced (or 500-750ml canned tomato)
- 5oz - Wind-dried fish (or 1 1/2 smoked fish or 250ml jarred fish)
- Salt and pepper to taste

What to do:

1. Add olive oil to a large soup pot and heat to medium-high. Add the onion, celery, and carrots
2. Turn heat to medium and cook for 10 minutes, stirring occasionally
3. Add diced tomatoes and 5-6 cups water (or stock of your choice), bring to boil
4. Add both potato and bay leaf, and boil for 45 minutes
5. Add in the wind-dried fish (or smoked fish or jarred fish) and cook for another 3-5 minutes
6. Season with salt and pepper
7. ENJOY!



Introducing our Newest Doctor Dr. Whiting



Photo provided by Dr. Whiting



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Dr. Sean Whiting is a new family doctor and is very happy to be joining the team at QHS. He grew up in Cranbrook and is a member of the ?akisqnuuk First Nation. Aside from his work at QHS, he also works at the hospital. Before starting work as a doctor, he had a few different jobs. Originally, he went to university and earned a physics degree. After quickly discovering that there were not many jobs in physics, he spent some time working as a dredger in Alberta and Saskatchewan. Eventually he went back to school to become a nurse. He moved to Kamloops in 2016 to work as a nurse and over the next few years worked in several different cities in the BC interior. After several years of nursing, he applied to medical school and moved to Kitchener, Ontario, to complete his medical degree. Afterwards, he came back to BC and finished his family medicine training. Sean and his family are excited to make Kamloops their home (his wife is tired of him dragging her all over the country). In his spare time, he bikes, walks his dogs, spends time with family, and plays video games. Dr. Whiting is looking forward to meeting new patients and getting to know the community better over the coming years.



Photo provided by photographer Candice Camille • Mother Tiffany and Son

The Circle Of Life Program is delivered by QHS Community Health Nurses who provide culturally safe and holistic programming to expectant parents and families. The program supports maternal and child health through prenatal education, postpartum support, infant growth monitoring and parent/family support.

We Offer :

- Pre/Postnatal care and visits
- Home/Office visits
- Support to parents and families
- Prenatal Classes
- Immunizations
- Support with safety supplies

The Community Health Nurses provides the following services until the baby is 6 years of age. The program is available to registered band members of TteS, Whispering Pines and Skeetchestn and their spouses living on reserve. Registration must be done with one of the Community Health Nurses.

Missed Appointments

Any client who misses three consecutive booked appointments without cancelling 24-hours in advance, may be added to the bottom of the wait list of the program they are participating in.

Cancelling or rescheduling the appointment allows QHS to book another client in a timely manner.

If you are late for your appointment, you may miss out on being seen, or your session may be shortened within your remaining time set.

Failure to cancel in advanced notice and or attend appointments of time results in lost physician time and may negatively impact future service provisions for the community.

To cancel or reschedule
your appointment
please contact
(250)-314-6732



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National Addictions Awareness Week



**November
17, 19, 20 & 21**

**Free Event
Everyone Welcome**

The number of people within the nation that are suffering from substance use disorder is higher than ever before.

NAAW helps remind us that every person facing addictions is someone's friend, colleague, sibling, and/or loved one. They are someone to someone, and they deserve empathy, understanding, and support free of judgment. Each evening will be combining comfort with culture and working together for wellness.

Please Come and Join Us during National Addictions Awareness Week to help reduce the stigma associated with substance disorder. We are here to inform, remember, and inspire.

Monday, Nov. 17th 5-8PM

@ Sk'elep School of Excellence Gym

- Opening Ceremony
- RCMP Presentation
- Information Booth
- Catering Feast

Wednesday, Nov. 19th 5-9PM

@Moccasin Square Garden

- Basketball Camp

Thursday, Nov. 20th 4-8PM

@Moccasin Square Garden

- Healing Through HipHop Workshop
- Pizza Party

Thursday, Nov. 20th 6-8PM

@Secwepemc Child and Family Society

- Well-Briety
(Limited to Adults Only)

Friday, Nov. 21st 5-8PM

@Moccasin Square Garden

- Closing Ceremony
- Feast
- Family Dance

For More Information, Please Contact Lindsie or Wan
Email: lindsie@qwemtsin.org or wan@qwemtsin.org / Phone: 250-314-6732



Please come join us each night for a chance to win a PS5!!

Well-Briety

12 Week Personal Development Program

20 Seats Available

4 Stage Process:

- Exploring a higher power beyond oneself
- Embarking on the journey of self-discovery
- Cultivating meaningful relationships with others
- Drawing on the wisdom and guidance of elders

Dates: Nov 20, 27, & Dec 4, 11, 18
with more dates to follow in the
new year

Time: 6-8pm

Where: 153 Kootenay Way

Food and Beverages Provided!

This program is geared to youth more than 16 years of age and adults who need support around drugs, alcohol & compulsive behaviours such as hoarding, gambling & shopping.

CONTACT

Kathy Olson: 250-320-2306

Kathy.olson@secwepemcfamilies.org

Kenneth Joseph: 250-214-5800

Kenneth.joseph@secwepemcfamilies.org



In Recognition of National Addictions Awareness Week

Q'wemtsin Health Society

Presents

Kiva Mh



Healing
Through
Hip-Hop

Date: November 20, 2025

Time: 4pm to 8pm

Location: Moccasin Square Garden

To Register: lindsie@qwemtsin.org

or 250-314-6732

A free event for youth who are interested in a workshop designed to show the transformative healing power of Hip-Hop music, art, and culture

- Keynote Presentation by Kiva Mh
- Collaborative canvas
- Mini lyrics & beat making workshop
- Performance by Kiva Mh
- Pizza party



THE POWER OF CEREMONY

INDIGENOUS CONTEMPLATIVE
PRACTICES AND
NEURODECOLONIZATION



 Learn with Dr.
Michael Yellowbird

Hosted by HRSJ 5020:
Indigenous Ways
of Knowing



 **Nov. 21**

 **10:30 – 12:00 PM**

 **CT 200**

 **All Are Welcome!**

Description

Indigenous contemplative practices and teachings have enabled Indigenous Peoples to develop an important paradigm of healing that has deep implications for Western medicine and health care providers who work with Indigenous Peoples. In this presentation, Dr. Michael Yellow Bird uses Indigenous wisdom and western science to show how Indigenous contemplative approaches can create important changes in the brain and body and can prevent, heal, and cure, many emotional and physical diseases brought about by colonization and the current Western industrial lifestyle.



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Biography

Michael Yellow Bird, PhD, is Professor and the former Dean of the Faculty of Social Work, University of Manitoba. He has held faculty and administrative leadership positions at several universities in the US and Canada. He has served as a Distinguished Visitor at the University of Auckland, New Zealand (2016), a Distinguished Visiting Teaching Scholar (series) at Trent University (2024), a Visiting Scholar at Simon Fraser University, and is Faculty Emeritus, Cal Poly Humboldt, Arcata, California. His research focuses on colonization, decolonization, healthy Indigenous aging, mindfulness, Arikara ethnobotany and traditional agriculture, and the cultural significance of Rez dogs. He is a member of the MHA Nation (Mandan, Hidatsa, and Arikara) in North Dakota, USA and is a certified, internationally trained mindfulness meditation teacher, professional, and scholar. He is the author of several social work and Indigenous studies scholarly articles, the co-editor of four books, and the co-author of four books.



National Aboriginal Veterans Monument

The National Aboriginal Veterans Monument commemorates the military contributions made by Indigenous peoples in Canada. The monument was created by Noel Lloyd Pinay of the Peepeekisis First Nation in Saskatchewan. (Photo taken in Ottawa, Ontario, on 22 August 2021)

(© Meunierd | Dreamstime.com)

Indigenous Veterans Day was an initiative of the National Aboriginal Veterans Association. It was first observed on November 8, 1993. The government of Manitoba officially recognized this day in 1994. Indigenous Veterans Day is now recognized by the federal government and observed across the country.

“Aboriginal Veterans Day is NOT a second remembrance day, it is a day for Aboriginal Veterans to remember, reminisce, and be recognized by their community. November 8th gave them time to find their uniform, polish their boots, and remember how to march, then head to the November 11th events with their comrades.”

---- Memory Project, Gage, 2024

Q'wemtsin Health Society



Notice:

Skeetchestn Health Centre and
Q'wemtsin Health Society will be closed
Tuesday, November 11, 2025
in Observance to Remembrance Day
Call (250)314-6732 for any questions





CHIEF
LOUIS PHARMACY



HEALTH ACCESS DAYS

Dates Upcoming: October 30, November 13 & 27, December 4 & 18

Let's Talk Health!

Come learn about the pharmacy-level health care services now available through **Chief Louis Pharmacy – IDA**.

Meet with Lisa at Q'wemstin Health or chat with Alexa at the new Community-owned Pharmacy — whichever is easiest for you!

Drop in anytime between 9 AM and 12 PM — *no appointment needed*.



What to Expect:

- **Information on how to access healthcare supports** through Plan W and FNHA (100% coverage for many products for First Nations with Status)
- **Understanding the pharmacist's role** as an accessible healthcare provider
- **Promoting wellness through knowledge sharing** between community members and pharmacists
- **Access to Telemedicine services on-site**
- **1:1 health counselling appointments**
- **Prescription refill arrangements and transfers** upon request

Please note: the November 27 session will only be held at Chief Louis Pharmacy (Q'wemstin Health will not be available on that date).



#304 - 302 Yellowhead Hwy | 778-943-1640 | chiefloUISpharmacy.ca



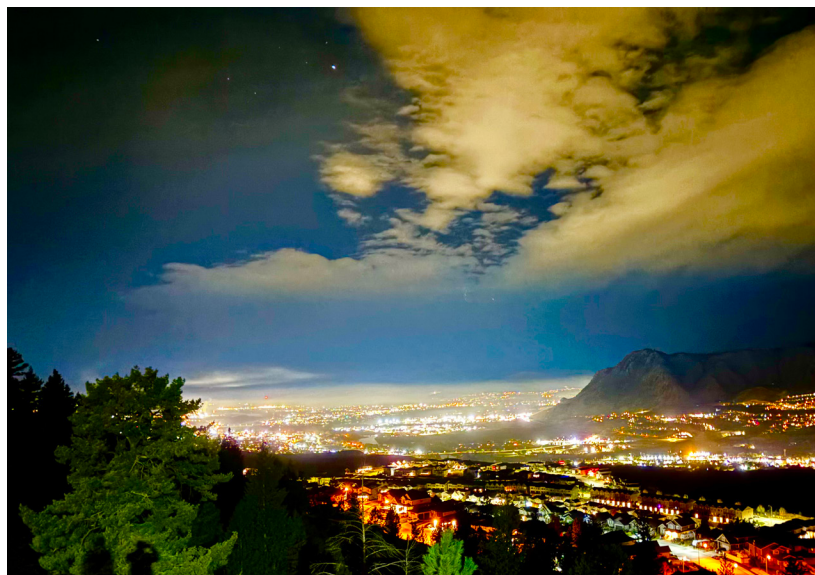


Photo Credited by JTB•Juniper Ridge

November						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Doctor Craniosacral Therapy	4 Doctor Craniosacral Therapy	5 Doctor Naturopath	6 Doctor Footcare	7	8
9	10 Craniosacral Therapy	11 OFFICE CLOSED	12 Doctor Naturopath Dental	13 Doctor Naturopath	14	15
16	17 Craniosacral Therapy Footcare	18 Craniosacral Therapy	19 Naturopath	20 Footcare	21	22
23	24 Doctor Craniosacral Therapy	25 Doctor	26 Doctor Naturopath Dental	27 Doctor Footcare	28	29
30						
Legend: SIB - Purple / QHS - Blue / WPCIB - Green						



First Nations Health Authority
Health through wellness

Mental Health Support

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: 250-996-3813
Email: nakazdli.elders@outlook.com

Carrier Sekani Family Services

provides health and cultural supports. Phone: 250-567-2900 Ext. 2047
Email: slarocque@csfs.org

Gitanmaax Health

Phone: 250-842-6320 or Email: robert.ryan@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 604-985-4464 or (Lamathut Crisis Line Support 24/7 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: richard.watts@nuuchahnulth.org

Okanagan Nation Alliance

provides health and cultural supports. Phone: 250-707-0095 Ext 228
Email: TCarpenter@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 250-390-3123 or (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.fraser-health.ca/health-topics->

Interior Health Region

Phone: 310-MHSU (6478)

Website:

<https://www.interior-health.ca/health-and-mental-health-and-substance-use/mental-health/adult-mental-health-services>

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/m>

Vancouver Coastal

Phone: 8-1-1

Website: <https://www.vch.ca/en/health-topics/mental-healthsubstance-use>



Primary Care Services

In Person	Urgent Primary Care and Learning Centre • (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 • (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 • (778)765-1444 • 90b-1967 Trans Canada Hwy E • Walk in Medical Clinic available in the pharmacy, access to Virtual Doctor
	Ashcroft Urgent and Primary Care Centre • (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	Avee Health (Online Dr.) • www.avee.health/booking
	Kipp-Mallery iMedicine Services -Landmark Location • (226) 930-6500 • 207-755 McGill Road • Monday to Friday 9:00 am – 5:30 pm • Phone to book an appointment • Virtual or telephone appointments
Virtual	Northshore Pharmacy and Care Clinic • (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

	must be willing to switch to using their pharmacist
	Enhanced Care Clinic (Go to Doctors.ca) • 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 • 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 • Book online: Tiahealth.com • Virtual or Telephone appointments
	Virtual Physicians at Health Link • 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 • Virtual Services • Book online: https://rocketdoctor.ca/online-doctor-bc/ • Available 24 hours a day, 7 days a week
	VivaCare Telehealth • 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

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
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Kuu-us Crisis Line Society

Adults.....	250-723-4050
Youth.....	250-723-2040
Toll Free.....	1-800-588-8717

Aboriginal Training & Employment Centre.....	250-554-4556
Ashcroft Training & Employment Program.....	250-453-0093
Cultural Support Counselling.....	1-888-403-3123
Hope for Wellness.....	1-855-242-3310
Kamloops Aboriginal Friendship Society.....	250-376-1296
Native Youth Awareness Centre.....	250-376-1617
Kamloops Native Housing Society.....	250-374-1728
Le7 te Melamin Health Society.....	250-571-1000
Native Court Worker.....	1-855-221-5728
Secwepemc Cultural Education Society.....	250-371-7965
Shuswap Nation Tribal Council.....	778-471-8200
Tsow-tun Le Lum (helping House) Society.....	250-390-3123

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)

Wendy Datria/ Collen	1-877-288-5688
Liimichif Otipeniswak.....	250-554-9486

