

Newsletter

December
Edition
2025



Kamloops first snow fall • 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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Ice Fishing

Ice fishing supplies you will need:

- ice auger
- shovel, scoop
- ice pick
- cleats
- fishing tackle (ice fishing rods, lines, bait, lure)
- safety kit
- hut, shelter (optional)
- chairs, buckets.
- winter clothing (jacket, toque, gloves, scarf)

Ice fishing has been a winter activity for the Secwepemc people. Ice fishing is done when food is getting low, social events, or for ceremony.

Before going out on the lake make sure it is safe to do so, ensuring the water is frozen at least 4 inches thick for one person.

Using your auger you will drill a hole into the ice and use your scoop to scoop out any slush or ice floating in the hole.

Then you will lower your line into the hole with your ice fishing rod and wait for a fish to bite.



Peppermint Bark



Photo retrieved from the World Wide Web

Ingredients

5 regular-sized candy canes, or about 15 mini candy canes

1 1/2 cups of white chocolate or dark chocolate (chips, wafers, or chopped up chocolate bars)

1/2 teaspoon peppermint extract

1. Prepare baking sheet, line with wax paper.
2. Crush Peppermint candy canes, place candy canes into a zip lock bag, close it, use a meat tenderizer or a rolling pin and smash the candy cane into desired size.
3. Melt the chocolate, place the chocolate into a heat proof bowl and place in the microwave and heat for 30 seconds at a time and stir until chocolate has melted. or place chocolate into a heat proof bowl over a simmering pot of water, making sure the water is not touching the bowl. stir until chocolate has melted.
4. Add the peppermint extract into the melting chocolate.
5. Spread the melted chocolate onto the lined baking sheet using a spatula to spread the chocolate.
6. Add the crushed peppermint
7. Freeze for 5-10 minutes or until hardened, break into desired pieces.



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Introducing our Newest Receptionist Andrea Johnny



Andrea is the new Receptionist for Q'wemtsin Health Society, she will be one of the first people you see or talk to on the phone. Andrea hopes to grow and learn as much as she can working with Q'wemtsin Health Society. This is Andrea's first time being a part of the front line team and is enjoying it. She enjoys talking and meeting the clients, and loves that elders will stop and share stories or history of the area.

Andrea is an Adams Lake Indian Band member and grew up in Salmon Arm. She moved to Kamloops in 2007, where she continued her education and attended NVIT and received her Office Administration Certificate and has been working in the Administration field since then. She likes to stay active and enjoys riding her bike, going for walks and spending time with her family, she also enjoys binge watching Netflix or Amazon Prime shows and is always looking for new recommendations of shows to watch. Also, she loves jamming out to Spotify.



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HEALTH SOCIETY



Skeetchestn Health Centre Christmas Open House

Wednesday, December 10, 2025

Time: 11:30 AM - 2:30 PM

**JOIN US AT OUR COMMUNITY
OPEN HOUSE!**

For more information
contact Lee-Anne at QHS
250.373.2580 leeanne@qwemtsin.org



**Santa
Photos
Appetizers
and plenty of FUN!**

CHRISTMAS COOKIES

Christmas Cookie Baking Day at the Health Centre. You bake and take home. All supplies will be provided to those who register. Please call Lee-Anne or Harley at the Health Centre. Very limited spots available.



Date: Friday, December 12, 2025

Time: 10:30am to 2:00pm

Place: Skeetchestn Health Centre

Call: 250.373.2580



QHS Christmas Open House

Community Invite

Wednesday, December 17th

130 Chilcotin Road,

Kamloops

from 11:00a.m-2:00p.m

Join us for Refreshments,
Door Prizes, Santa Photos,
and Fun!!!

For more
information
please call QHS at
250-314-6732



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Diabetes Lunch & Learn

On December 3, 2025 Skeetchestn Health Centre had Diala in the office hosting a diabetes education luncheon, some topics discussed Diabetes Management, Nutrition, and Pharmaceuticals.



Thank you Big Sky Station for accommodating our lunch menu!

The turn out was great!

Lunch was fantastic!



Q'wemtsín
HEALTH SOCIETY



Phone: 250.314.6732
130 Chilcotin Road
Kamloops, BC V2H 1G3

Fax: 250.314.6742
qhs@qwemtsin.org
qwemtsin.org

December 1, 2025

Weytk (Hello),

The Q'wemtsín Health Society office will be closed for regular business from December 22, 2025, to January 2, 2026. During this time, we will be providing essential services, and the nurses will be checking the phone messages and faxes regularly.

If you need to speak to a nurse, please leave a message at the front desk (not individual voicemails) as only the front desk messages will be retrieved. Please use our **nursing fax line 250-828-6738** to protect privacy when sending information to QHS.

Q'wemtsín Health Society will re-open for regular business on January 5, 2026. If you have any questions, please feel free to call me at 250-314-6732.

Merry Christmas to everyone and all the best in the New Year!

A handwritten signature in black ink that reads 'Colleen Lessmann'.

Colleen Lessmann

Health Director



Holiday Office Closure

Q'wemtsin Health Society & Skeetchestn Health Center will be closed during the Christmas Holiday Season

Dates Closed: Monday, December 22, 2025 to Friday, January 2, 2026

Reopened: Monday, January 5, 2026 for regular business hours

If you have any questions or concerns please contact QHS at 250.314.6732



Q'wemtsín
HEALTH SOCIETY





Kamloops Festival of Trees

Nov 14, 2025 - Jan 5, 2026 | 2:00 pm - 10:00 pm | Delta Hotel Kamloops

Explore the uniquely decorated trees at Delta Hotel Kamloops and vote for your favourite—all in support of BC Children's Hospital.

Krampus Parade

Dec 6, 2025 | 4:00 pm - 9:00 pm | Riverside Park & Sandman Centre

Unlike your usual Santa parade, this one features jingling bells, shaggy fur, curved horns, and spooky masks. Join the Krampus crew as the parade winds through Riverside Park to kick off the Krampus Market at Sandman Arena.

NSBIA Community Holiday Festival

Dec 7, 2025 | 4:00 pm - 6:00 pm | Spirit Square at Yew Street

Celebrate the holidays at the annual Community Holiday Festival with the North Shore Business Improvement Association! Enjoy free Santa photos, live carols, hot chocolate, festive vendors, and the dazzling 19-foot Christmas tree light-up with fun for the whole family, including pets!

Wildlights at the BC Wildlife Park

Dec 12, 2025 - Jan 4, 2026 | 4:00 pm - 9:00 pm | Nightly

*Lights turn on at 5:00 pm | Closed Christmas Day

Enjoy Wildlights at BC Wildlife Park with Santa, Uncle Chris the Clown, and special appearances by Anna and Elsa for a magical family night out.

CPKC Holiday Train

Dec 18, 2025 | 4:30 pm - 5:30 pm | Sandman Centre Parking Lot

This year, the CPKC Holiday Train rolls into Kamloops with a free concert by the Barenaked Ladies. Enjoy the festive lights, live music, and community spirit while supporting the local food bank!

Breakfast with Santa

Dec 21, 2025 | 10:00am - 1:00pm | VENUE twelfefifty

Enjoy breakfast with Santa at VENUE twelfefifty in the Coast Hotel & Conference Centre, with gifts, family activities, and face painting, all supporting the Neonatal Intensive Care Unit at RIH.

To purchase tickets go to <https://www.eventbrite.ca/e/breakfast-with-santa-tickets-1956903373669>

Kamloops Eye Doctor FNHA Direct Billing List

Optometrist FNHA direct billing Name :	Address:	Phone:	Direct Billing	Additional Costs
Kamloops Family Vision Clinic	440 St Paul St, Kamloops, BC V2C 2J6	(250) 374-8755	Yes	\$40.00 additional patient pays for after coverage unless MSP pays the additional cost, any additional cost for perscripted eye wear after the coverage is patient portion.
Summit Eyecare	945 Notre Dame Dr, Kamloops BC, V2C 5N9	(250) 828-1554	Yes	\$43.00 additional patient pays after covers for eye exam, any additional cost after cover for perscripted eye wear is patient portion
Thompson Rivers Family Optometry	700 Tranquille Rd #60, Kamloops BC, V2B 3H9	(250) 376-1985	Yes	\$31.00 patient portion after coverage for eye exam, unless msp pays for the remaining cost, any additional cost after coverage is patient portion for perscripted eye wear.
Optiks Optometry	331 Victoria St, Kamloops, BC V2C 2A3	(250) 828-0252	Yes	no additional cost for eye exam. Any additional cost after coverage for perscripted eye wear is patient portion.
North Shore Kamloops Optical Centre	750 Fortune Dr, Kamloops BC, V2B 2L2	(250) 376-2202	Yes	\$32.00-\$51.00 for exam after coverage, MSP maybe to cover the remaining cost. Maybe additional cost for perscription eye wear after coverage
FYIDoctors Kamloops	153 Seymour St #202, Kamloops BC, V2C 2C7	(250) 372-7910	Yes	\$47.08 patient portion for the exam after coverage, MSP mabe able to cover remaining cost, any additional cost after coverage for perscripted eye wear is patient portion.
Kamloops Vision Therapy Optometry	1210 Battle St #102, Kamloops BC, V2C 2N6	(236) 425-4494	Yes	after coverage patient may have a portion to depending on what the Dr bills for, after coverage for perscripted eye is patient pays.
Ebata Optometry	12, 1380 Summit Dr, Kamloops BC, V2C 1T8	(250) 377-8875	Yes	\$37.00 patient portion cost for eye exam after coverage, MSP maybe able to cover remaining cost for eye exam. Any additional cost after coverage for perscripted eye wear is patient portion.
Optiks International - Victoria Street	331 Victoria St, Kamloops BC, V2C 2A3	(250) 851-8992	Yes	no additional cost for eye exam, any additional cost after coverage for perscripted eye wear patient pays.
Classic Eyewear Today	450 Lansdowne St Unit 203, Kamloops BC, V2C 1Y3	(250) 374-3937	Yes	no additional cost for eye exam, any additional cost after coverage for perscripted eye wear patient pays.
IRIS Optometrists and Opticians	1180 Columbia St W Unit D105, Kamloops BC, V2C 6R6	(250) 372-7108	Yes	\$55.00 patient pays after coverage for exam, any additional cost after coverage for perscripted eye wear patient pays.
Hampton David K Dr	360 Seymour St, Kamloops BC, V2C 2G2	(250) 374-1145	Yes	no additional cost for eye exam, any additional cost after coverage for perscripted eye wear patient pays.
Dr. D. Gerry, Optometrist	360 Seymour St, Kamloops, BC V2C 2G2	(250) 374-2464	Yes	no additional cost for eye exam, any additional cost after coverage for perscripted eye wear patient pays.
Specsavers Aberdeen Mall	1320 Trans - Canada Hwy #217, Kamloops, BC V1S 1J2	(778) 696-2470	Yes	no additional cost for eye exam, any additional cost after coverage for perscripted eye wear patient pays.
Visions Wear Service Eye Exam				
18 Years Old or Under: \$275 per calendar year or \$415 for high-index (+/-7.00 dioptre and above in one eye); Set based on their first claim. Over 18 Years Old: \$275 per first purchase. Over 18 Years Old: \$275 per 2 calendar years or \$415 for high-index (+/-7.00 dioptres and above in one eye); Set based on their first purchase.	18 Years Old or Under: \$100 per-calendar year; Set based on their first claim. Over 18 Years Old: \$100 per 2 calendar years; Set based on their first claim.			



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 QHS staff member

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 DR	2 DR CST	3 DR NP	4 DR FootCare	5	6
7	8 DR CST Footcare	9 DR	10 DR NP	11 DR Footcare	12	13
14	15 DR	16 DR CST	17 NP	18 Footcare	19	20
21	22	23	24	25 MERRY CHRISTMAS	26	27
28	29	30	31	HAPPY NEW YEAR		
Legend: SIB - Purple / QHS - Blue / WPCIB - Green CST = Craniosacral Therapy NP = Naturopath Therapy						



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 <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
	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	Avee Health (Online Dr.) <ul style="list-style-type: none"> • www.avee.health/booking
	Kipp-Mallery iMedicine Services -Landmark Location <ul style="list-style-type: none"> • (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 <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

	must be willing to switch to using their pharmacist
	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 <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

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

