

# Newsletter

January  
Edition  
2026

Happy  
New Year  
2026

Photo taken from the worldwide web

Q'wemtsin Health Society •  
250.314.6732  
130 Chilcotin Road  
Kamloops BC, V2H 1G3  
[qwemtsin.org](http://qwemtsin.org)



Q'wemtsín  
HEALTH SOCIETY

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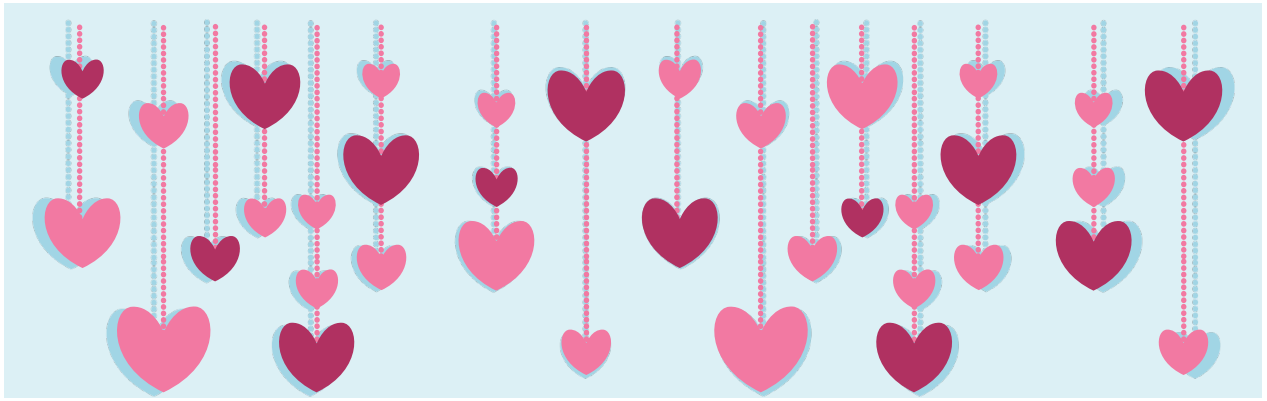
Kamloops Primary Care Resources

Kamloops Resource Numbers



Hello! My name is Harley Antoine, and I am the new receptionist at the Skeetchestn Health Centre, I've been apart of the team since August and I'm absolutely loving it! I enjoy meeting Community members and hearing their stories each day.

I am a member of Bonaparte Indian Band and was raised in the community. Over the years, I've worked in a variety of roles from vet assistant, finance and reception. When I'm not at work you'll most likely find me with my family and animals. I'm an avid rodeo competitor, and spend my summers traveling throughout BC Competing in Barrel Racing and Roping events.



# COHI VALENTINE'S DAY PARTY

Come down to Qwemtsin Health Society where the COHI team is putting on a Valentine's Day open house for the kids and their families

Crafts and Circle Time

Snacks, games and prizes

Oral Health Information

For more info:  
250-314-6732  
and ask for  
Crystal or Lindsie

FEBRUARY 12, 2026

11:00 A.M. – 2:00 P.M.

130 CHILCOTIN RD



**Employment Opportunity**  
**Children's Oral Health Initiative Aide / Receptionist, Permanent Full-time**

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Q'wemtsin Health Society (QHS) is an assembly of health care professionals who believe in providing quality, client-centred care to our Secwépemc communities through the provision of holistic health services. Located at the heart of Tk'emlúps te Secwépemc our clinic acts as a one-stop health shop for community members. Over the last 24 years, becoming a pivotal agent in supporting health and wellness for the Tk'emlúps te Secwépemc, Skeetchestn Indian Band and Whispering Pines/Clinton Indian Band.

**Purpose:**

Under the direction and guidance of our Registered Dental Hygienist, the Children's Oral Health Initiative (COHI) Aide / Receptionist will support the delivery of dental services in daycares, schools, and our health centre, three days a week. The remainder of each work week will be spent providing administrative support.

**Wage:** \$20 - \$23 per hour based on experience

**COHI Aide Duties:**

- Obtaining consent from mother/father/caregiver for a child to participate in COHI program
- Educate parent/caregiver in basic oral hygiene methods for child
- Application of fluoride varnish
- Assist dental hygienist with dental program activities

**Receptionist Duties:**

- Maintain a professional presence at the front desk at all times, greet clients upon arrival, sign them in and obtain any further necessary data as directed
- Ensures reception and waiting area is sanitized, tidy and presentable
- Performs administrative tasks, such as answering and forwarding calls, filing, photocopying, distributing mail and deliveries, updating calendars, maintaining office supplies and inventory of stock

**Qualifications and Skills:**

- Completion of Grade 12 or equivalent and minimum of 1 year experience in office setting
- Will require completion of FNHA COHI Aide training
- Must be extremely reliable and flexible
- Friendly, professional, adaptable, and able to take initiative
- Demonstrated proficiency in Microsoft Office applications
- Knowledge of Secwépemc culture is an asset, acknowledges cultural differences and supports diversity

**Additional Requirements:**

- Possess valid British Columbia driver's license and submit current drivers abstract
- Recent clear Police Information check with Vulnerable Sector screening

Please forward your cover letter and resume along with any further certificates/diplomas and/or transcripts that prove you can meet our educational skills and abilities to:

Q'wemtsin Health Society  
**Att'n: Bobbi Sasakamoose**  
130 Chilcotin Road  
Kamloops, BC V2H 1G3

**E-mail:** [bobbi@gwemtsin.org](mailto:bobbi@gwemtsin.org)

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The deadline for this posting is January 20, 2026.

We thank you all for your submissions, only qualified candidates will be contacted.

## National Addictions Awareness Week Report

Back in November, Q'wemtsin Health Society teamed up with Secwepemc Child and Family Services, Le7 te Melámen Health Society, FNHA, and TteS to put together a week of events to celebrate and honor National Addictions Awareness Week (NAAW - November 17-21). Our focus was largely on youth this year, keeping in mind that prevention is key.

The week started off on Monday with a dinner and ceremony presented by Le7 te Melamen Health Society. They invited in Bear Dancers, Pipe Carriers, and the RCMP for a presentation on the prevention of overdoses within the province.

The committee FNHA, QHS ,SCFS and Le7 te Melamen hosted a well received basketball camp on the Wednesday and hosted 60 youth from the communities surrounding us.

Thursday QHS hosted Kiva Morgan Hall and his “Healing Through Hip-Hop” Workshop for the youth at Moccasin Square Gardens. Kiva’s keynote was very inspirational, his way of connecting with the youth at the workshop was incredible. They started a collaborative canvas, which we will be able to pull out every year for NAAW and continue creating the mural for future youth who attend the events.

That same night, SCFS hosted their first Well-Briety program focusing on self well being strategies.

The week ended with a dinner and dance, hosted by TteS and honoring of those in the community with gifts for their dedication to being sober.

The planning committee for NAAW are all very proud of the successful week of events.



If you know of someone who needs assistance with substance abuse, please contact 310-6478.

For immediate, free, and confidential emotional support, crisis intervention and/or community resource information 24 hours/day, seven days/week, please call the Interior Crisis Line Network at 1-888-353-2273.



Community Services Department  
**Essential Service Driver**



**This service is in high demand and available to clients residing on reserve only**

Evan Casimir  
TteS Band Member

**Booking Appointments**

- Appointments to be scheduled 48hrs in advance
- Priority to medical appointments
- **Call or text 250 819 0850 Monday-Friday only 8am-4pm**
- If your call is not answered, please leave a message
  - alternatively contact the Community Services Office administration
- Please notify at time of booking if you have multiple errands to run so that we may schedule the appropriate amount of time between clients.

**Please Provide:**

- Date of appointment(s) or event
- Time
- Location & duration of appointment or event
- If return transportation is required
- If you require a wheelchair accessible vehicle
- When possible, please bundle appointments into one day
- Transportation is to CHR approved establishments only within city limits



It is the clients responsibility to contact Evan as soon as possible with any changes or cancellations.

Return travel must be booked at time of original booking

Cancellations must be provided prior to the morning of your appointment or event.

Last minute cancellations or 3 repeat cancellations will result in service suspension.

ESD reserves the right to refuse service with just cause.

**Kukwstsétsemc**



# 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 on time results in lost physician time and may negatively impact future service provision for the community.

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



Q'wemtsín  
HEALTH SOCIETY



# Calling All Artists!

## ENTER TO WIN!

We are looking for coloured drawings (pencil crayon / marker / paint / crayon) of your favourite family activity. What do you love to do together as a family? Show us your creativity!

Drop off your artwork at either Health Center or email photo to:

[tiffany@qwemtsin.org](mailto:tiffany@qwemtsin.org)

- Each submission will be entered into a draw for a chance to win an Annual Family Pass to the WildLif Park
- Deadline: February 6, 2026 | Draw Date: February 11, 2026

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



## First Nations Health Authority Health Benefits (FNHBS) and MSP Coverage

### FNHBS Service Coverage:

- Dental
- Vision
- Pharmacy
- Medical Transportation
- Medical Supplies/Equipment
- Mental Wellness & Counselling

For more information regarding  
coverage visit:

[https://www.fnha.ca/  
benefits/about-us](https://www.fnha.ca/benefits/about-us)

For any questions please contact:

Iona Ferguson, Community  
Relations Representative, Interior  
Region

email: [iona.ferguson@fnha.ca](mailto:iona.ferguson@fnha.ca)

or call

Toll Free: 1-855-550-5454

### MSP Benefits Service Coverage:

1) MSP Supplement Benefits provides partial coverage (\$23.00 per visit) for 10 visits combined per calendar year for the following services coverage:

- Chiropractic
- Massage Therapy
- Acupuncture
- Physiotherapy
- Naturopathy
- Non Surgical Podiatry

(Note: Many supplementary benefits practitioners are opted-out of the MSP. This means they are allowed to charge patients more for a service than is set out in the Payment Schedule.)

2) Bringing Services Closer to Home

3) Employer Extended Health Plans

4) ICBC Enhanced Care

5) WorkSafeBC

## UNDERSTANDING the Unregulated Drug Supply

# A 'Down' Composition Update

December 2025

**'Down' refers to opioids bought/sold at the street level (the unregulated supply) and is a commonly used term in BC.**

'Down' typically contains fentanyl and/or fentanyl analogues and increasingly include benzodiazepines over the last few years. Recent other veterinary tranquilizers or alpha 2 agonist ('tranq') like xylazine and medetomidine have been added which further complicates the drug. This means there are up to three different classes of CNS depressant drugs in the average 'down' sample. The variability of drugs found in down has been steadily increasing. The samples we see through drug checking come in all colors, texture, and composition (what it's made up of). There is no correlation between colour and composition.



Medetomidine is an increasingly common adulterant in the unregulated opioid supply, causing complex poisonings with deep, prolonged sedation, respiratory depression, and very low or absent pulse.



Naloxone does not reverse effects of medetomidine. Always administer naloxone for a suspected opioid poisoning but be prepared for persistent sedation and the need for continuous airway support and monitoring.



Onset of symptoms is typically abrupt (within minutes) after use. The person may remain unresponsive for several hours, even after naloxone is given.



Emerging reports describe a distinct and severe withdrawal syndrome. This syndrome often does not respond to standard opioid withdrawal management and can require intensive care unit (ICU) level care for severe hypertension and other complications.

### Common Opioids

- Fentanyl
- Ortho-methylfentanyl
- Fluorofentanyl
- Carfentanil
- ANPP (fentanyl precursor)
- Heroin
- Acetylmorphine

Fluorofentanyl and fentanyl are the most prevalent. Most samples contain more than one opioid. Carfentanil, while uncommonly detected, remains a risk due to its extreme potency, up to 20-100x that of fentanyl's.

### Common Benzos

- Bromazolam
- Desalkylgidazepam
- Ethylbromazolam
- Phenazolam
- Etizolam

Many are novel/new. Not much is known about effects, duration, or potency of ethylbromazolam and phenazolam (clobromazolam). Often, more than one benzo is present in the same sample. Mixing opioids and benzos creates a synergistic effect, substantially slowing/stopping breathing.

### Common Tranquilizers

- Medetomidine
- Xylazine

Medetomidine is now considered common. However, because of its potency, it is diluted to concentrations that are difficult to detect with our current drug checking technologies (FTIR). We do not have an exact picture of its real prevalence in the supply. Xylazine is less frequently found and is usually in lower concentration than a year ago.

## UNDERSTANDING the Unregulated Drug Supply

## A 'Down' Composition Update December 2025

When 'down' contains an opioid, a benzo, and a tranquilizer, it creates a mix of effects that can be harder for people to predict or manage. Each drug acts on the body differently - opioids affect pain and breathing, benzodiazepines influence memory and relaxation, and tranquilizers can add muscle-relaxing or dissociative effects. Together, they can lead to deeper or longer-lasting sedation, slower recovery times, and unexpected reactions like memory gaps or difficulty waking up. They also greatly complicate the overdose response efforts. For clinicians and service providers, understanding these combinations helps explain why someone's presentation might not match typical opioid patterns and why they may need more time, observation, or tailored support.

Feature	Opioid + Benzo (Benzo Dope)	Opioid + Benzo + Tranq (Tranq Dope)
Onset of Effects	Generally slow to moderate Sedation deepens gradually	May produce a more rapid drop off into heavy sedation
Level of Sedation	Deep sedation possible, often prolonged compared to opioids alone.	Often more profound and longer-lasting sedation; may appear unresponsive for extended periods.
Cardiac Considerations	Mild slowing of heart rate can occur due to deeper sedation; usually stabilizes as the person wakes up.	Very low or no pulse and lowered and/or low blood pressure due to medetomidine's alpha-2 agonist effects. Can present with hypotension or hypertension followed by hypotension. Slow pulse can progress to cardiac arrest. These changes do not improve with naloxone and may persist while the person remains
Arousal / Responsiveness	Difficult to rouse but may respond to firm stimulation after some time.	Markedly harder to rouse; may appear unresponsive for extended periods with minimal improvement over time.
Memory / Awareness	Memory gaps and confusion common; may still have some recall.	Significant amnesia, disorientation, or feeling "disconnected" on waking.
Breathing Pattern	Slowed breathing consistent with opioid effect; improves with time or support.	Breathing may be relatively stable but person remains heavily sedated creating a mismatch between respiratory status and level of consciousness.
Response to Naloxone	Partial improvement in alertness after naloxone (because opioid component is reversed), may still remain sedated.	Naloxone helps breathing if opioids are involved, but does little for the sedation, leaving the person still heavily affected by tranquilizer/benzo effects.
Mobility / Motor Effects	Slow movements, poor coordination, unsteady gait.	Pronounced motor impairment, possible dissociation, extremely slow or "frozen" movements once awake.
Duration	Several hours of sedation, but gradual return to baseline.	Very prolonged effects potentially many hours

## UNDERSTANDING the Unregulated Drug Supply

## A 'Down' Composition Update December 2025

The following are examples of down recently tested at our drug checking services in November. These individual samples illustrate the current variability and complexity of the supply.

Penticton - 11/7/2025 - Purple pebbles and chunks



<b>opioids</b>	fentanyl (25%), ortho-methylfentanyl (2%), fluorofentanyl (2%)
<b>benzos</b>	bromazolam (13%), desalkylgidazepam (2%), ethylbromazolam
<b>tranquilizers</b>	medetomidine (4%), xylazine (3%)
<b>cuts</b>	caffeine

Cranbrook - 11/19/2025 - Brown residue



<b>opioids</b>	fentanyl (8%), fluorofentanyl (1%)
<b>benzos</b>	bromazolam (1%), desalkylgidazepam (2%), ethylbromazolam
<b>tranquilizers</b>	medetomidine (2%)
<b>cuts</b>	caffeine, erythritol

Nelson - 11/26/2025 - Pink pebbles



<b>opioids</b>	fentanyl (9%), fluorofentanyl (20%)
<b>benzos</b>	desalkylgidazepam (0.3%)
<b>tranquilizers</b>	medetomidine (3%)
<b>cuts</b>	caffeine

Kelowna - 11/26/2025 - Light purple chunk



<b>opioids</b>	fentanyl (<50%), carfentanil (0.1%), fluorofentanyl (1%)
<b>benzos</b>	bromazolam (20%), ethylbromazolam
<b>tranquilizers</b>	-----
<b>cuts</b>	caffeine, erythritol, mannitol

Kelowna - 11/21/2025 - Light purple chunk



<b>opioids</b>	fentanyl (20%), fluorofentanyl (2%) ortho-methyl-fentanyl (2%)
<b>benzos</b>	bromazolam (12%), ethylbromazolam (1%), desalkylgidazepam (2%)
<b>tranquilizers</b>	medetomidine (3%), xylazine (2%)
<b>cuts</b>	caffeine, sucrose



# Unregulated Drug Supply Substance Information Sheet

## MEDETOMIDINE (meh-deh-TOH-mih-deen)

### Reason for this information sheet

- Medetomidine can cause cardiac and respiratory depression and deep prolonged sedation.
- It is increasingly found in community drug checking samples, confirmatory provincial and national drug testing, and police-seized sample testing.
- It's also being found in combination with highly potent opioids (e.g., fentanyl) in drug poisoning deaths in BC.

### What we know about medetomidine

Medetomidine is a non-opioid sedative (Central Nervous System [CNS] depressant) approved for use in Canada in veterinary medicine. It's around 200 times stronger than xylazine.

#### In the unregulated drug supply:

- It's nearly always detected in samples with fentanyl and other opioids, xylazine, or benzodiazepines. It's commonly found in drugs bought or sold as fentanyl or 'down'.
- Samples vary in colour and form: powder, chunks, pebbles, paste.
- It can be identified by Fourier Transform Infrared Spectroscopy (FTIR) in community drug checking, but there's often not enough in a sample for it to be detected, so it's not identified.
- It can be detected by specialized test strips; however, these are not yet available for community use.
- It is not detected as part of a standard urine drug screen.

### How medetomidine may affect people

- Drug effects include low heart rate, slowed breathing, initial high blood pressure followed by low blood pressure, sedation, dry mouth, and hypothermia.
- Complex drug poisoning involves deep and prolonged sedation and **very low or no pulse**.
- Other reported experiences include dizziness, nausea, vomiting, fear, and delusions.
- Effects can last from 90 minutes to up to several hours or longer when taken with other CNS depressants (e.g., fentanyl).

## Drug poisoning response and medetomidine

- Intensifies sedative or euphoric effects of other drugs (e.g., opioids).
- Complicates drug poisonings.

## How medetomidine interactions with other substances

### Does naloxone work on medetomidine?

No, because medetomidine is not an opioid. However, medetomidine is nearly always found with opioids, so giving naloxone can reverse respiratory depression associated with opioids (but the person may still be heavily sedated or unconscious).

### Responders should:

- Call 911
- Check breathing: give breaths (1 every 5 seconds) if not breathing normally (<12 breaths/min or unusual breathing sounds like gurgling or snoring)
- Check pulse: start chest compressions if no pulse, use AED if available
- Give naloxone if not breathing normally
- Give oxygen if available and trained to do so
- Ensure transfer to hospital for monitoring and assessment

## Other information

- May be referred to as dexmedetomidine or levomedetomidine, which are components of medetomidine. Dexmedetomidine is approved for use in humans in specific acute care settings. Little is known about the effects of levomedetomidine in humans. It's difficult for drug checking technologies to differentiate between these substances.
- May also be called "mede".
- No antidote (reversal agent) approved for use in humans.
- Withdrawal symptoms in humans are not well known, but are likely to include high blood pressure, fast heart rate, and agitation.

**Medetomidine can cause complex drug poisonings involving deep and prolonged sedation, decreased breathing, and low or no pulse.**



January 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Office Closed	2 Office Closed	3
4	5 Doctor Craniosacral Therapy	6 Doctor Craniosacral Therapy	7 Doctor Naturopath	8 Doctor Footcare	9	10
11	12 Doctor Craniosacral Therapy Footcare	13 Doctor Craniosacral Therapy	14 Naturopath Dental Day	15 Footcare		17
18	19 Doctor Craniosacral Therapy FootCare	20 Doctor Craniosacral Therapy	21 Doctor Naturopath	22 Doctor Footcare	23	24
25	26 Doctor Craniosacral Therapy	27 Doctor Craniosacral Therapy	28 Naturopath Dental Day	29 Footcare	30	31
Legend: SIB - Orange / 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](https://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](https://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](mailto: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](mailto:nakazdli.elders@outlook.com)

### Carrier Sekani Family Services

provides health and cultural supports.  
Phone: 250-567-2900 Ext. 2047  
Email: [slarocque@csfs.org](mailto:slarocque@csfs.org)

### Gitanmaax Health

Phone: 250-842-6320 or Email: [robert.ryan@gitanmaax-health.ca](mailto:robert.ryan@gitanmaax-health.ca)

### Gitanyow Human Services

provides health and cultural supports.  
Phone: 250-849-5288  
Email: [director@gitanyowhealth.ca](mailto: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](https://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](mailto:tbaskin@anspayaxwhealth.ca)

### Nuu Chah Nulth Tribal Council

provides health and cultural supports.  
Phone: 250-724-3939 or Email: [richard.watts@nuuchahnulth.org](mailto:richard.watts@nuuchahnulth.org)

### Okanagan Nation Alliance

provides health and cultural supports.  
Phone: 250-707-0095 Ext 228  
Email: [TCarpenter@syilx.org](mailto:TCarpenter@syilx.org)

### Sik-E-Dakh Health Society

provides health and cultural supports.  
Phone: 250-842-6876  
Email: [andrew@sikedakh.org](mailto: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](https://www.tsowtunlelum.org)

## Primary Care Services

<b>In Person</b>	<b>Urgent Primary Care and Learning Centre</b> <ul style="list-style-type: none"> <li>• (250)314-2256 – phones turn on at 10 am daily</li> <li>• 311 Columbia Street</li> <li>• Open 10 am – 10 pm</li> <li>• Must phone to make an appointment, no walk-in's</li> </ul>
	<b>Kinetic Energy Medical Clinic</b> <ul style="list-style-type: none"> <li>• (250)828-6637</li> <li>• 450 Lansdowne St Suite 206</li> <li>• <a href="https://www.kamloopskineticenergy.com/medical-doctor">https://www.kamloopskineticenergy.com/medical-doctor</a></li> <li>• Patient Registration begins at 7 am Monday – Friday. Must phone and leave a message to be added to the daybook for that day -No Walk-Ins</li> <li>• Will start with a Phone Call appointment and may include a Face-to-face appointment if needed</li> <li>• Able to fill out Driver's Medical Forms</li> </ul>
	<b>Kleo's Pharmacy</b> <ul style="list-style-type: none"> <li>• (778)765-1444</li> <li>• 90b-1967 Trans Canada Hwy E</li> <li>• Walk in Medical Clinic available in the pharmacy, access to Virtual Doctor</li> </ul>
	<b>Ashcroft Urgent and Primary Care Centre</b> <ul style="list-style-type: none"> <li>• (250)453-2211</li> <li>• Located in the Ashcroft Community Health Centre - 700 Ash-Cache Creek Hwy</li> <li>• Open 7 days a week, 8:00 am – 8:00 pm</li> </ul>
<b>Virtual</b>	<b>Avee Health (Online Dr.)</b> <ul style="list-style-type: none"> <li>• <a href="http://www.avee.health/booking">www.avee.health/booking</a></li> </ul>
	<b>Kipp-Mallery iMedicine Services -Landmark Location</b> <ul style="list-style-type: none"> <li>• (226) 930-6500</li> <li>• 207-755 McGill Road</li> <li>• Monday to Friday 9:00 am – 5:30 pm</li> <li>• Phone to book an appointment</li> <li>• Virtual or telephone appointments</li> </ul>
<b>Virtual</b>	<b>Northshore Pharmacy and Care Clinic</b> <ul style="list-style-type: none"> <li>• (250)376-9991</li> <li>• <a href="https://northshorepharmacy.ca/">https://northshorepharmacy.ca/</a></li> <li>• Monday to Saturday 9:00 am – 5:30 pm, Sunday and Holidays 9:00 am – 10:00 am</li> </ul>

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

# Resource Numbers



**Q'wemtsin**  
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'wemtsin Health Society.....	250-314-6732
Urban Native Health Clinic.....	250-376-1991

### Secwepemc Child and Family Services:

153 Koootenay 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.....	250-377-7965
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.....	<a href="mailto:info@fnha.ca">info@fnha.ca</a>

## Non-Emergency Services

Tk'emlúps Detachment.....	250-314-1800
Tk'emlúps Bylaw.....	250-828-9708
Tk'emlúps Bylaw Cell .....	778-257-2607
Kamloops City Detachment.....	250-828-3000
North Shore Community Policing.....	250-376-5099
TRU Law Legal Clinic.....	778-471-8490
Kamloops Fire 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 Otopeniswak.....	250-554-9486

