

# Newsletter

March  
Pellsqépts  
Spring winds  
2026  
Edition

Hello  
Spring

Photo taken from the worldwide web

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



Q'wemtsín  
HEALTH SOCIETY

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*Hello! And to those who I have not had the pleasure of meeting, let me introduce myself!*

*My name is Morgan, and I am a licensed practical nurse. I joined the home care team here at Q'wemtsin on December 1st in search of a position I can grow with for many years to come.*

*I have been nursing for five years now and have worked in a few different areas including addiction, end of life care, foot care, and teaching future nurses. I was drawn to nursing as a way to connect deeply with people and develop meaningful relationships, with not just my patients but also with my team members. When I am not at work I love spending time with my daughters, long distance running, hiking, and camping. If you see me, please come introduce yourself!*

# 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)

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

- Each submission will be entered into a draw for a chance to win an Annual Family Pass to the WildLife Park
- Each Submission must have name and contact number
- Deadline | Draw date : March 13, 2026



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## March is National Nutrition Month

### Being Mindful of your Eating Habits

Being mindful of your eating habits means being aware of:

- how you eat
- why you eat
- what you eat
- when you eat
- where you eat
- how much you eat

Being mindful can help you:

- make healthier choices more often
- make positive changes to routine eating behaviours
- be more conscious of the food you eat and your eating habits
- create a sense of awareness around your every day eating decisions
- reconnect to the eating experience by creating an awareness of your:
  - feelings
  - thoughts
  - emotions
  - behaviours

## Recommended Number of Food Guide Servings per Day

Age in Years	Children		Teens		Adults		
	2-3	4-8	9-13	14-18	19-50	51+	
Sex	Girls and Boys	4	5	6	7	8	7-8
		7	8	7-8	8-10	7	7
Vegetables and Fruit	Males	3	4	6	7	6-7	6
		6	7	6-7	8	6	7
Grain Products	Males	2	2	3-4	3-4	2	2
		3	3-4	3-4	2	2	3
Milk and Alternatives	Males	1	1	1-2	2	2	2
		2	2	2	2	2	3
Meat and Alternatives	Males	1	1	1-2	2	2	2
		2	2	2	2	2	3

## What is One Food Guide Serving?

Look at the examples below.

**Fresh, frozen or canned vegetables**  
125 mL (½ cup)

**Leafy vegetables**  
Cooked: 125 mL (½ cup)  
Raw: 250 mL (1 cup)

**Fresh, frozen or canned fruits**  
1 fruit or 125 mL (½ cup)

**100% Juice**  
125 mL (½ cup)

**Fresh, frozen or canned vegetables**  
1 fruit or 125 mL (½ cup)

**Bread**  
1 slice (35 g)

**Bagel**  
½ bagel (45 g)

**Flat breads**  
½ pita or ½ tortilla (35 g)

**Cooked rice, bulgur or quinoa**  
125 mL (½ cup)

**Cereal**  
Cold: 30 g  
Hot: 175 mL (¾ cup)

**Cooked pasta or couscous**  
125 mL (½ cup)

**Milk or powdered milk (reconstituted)**  
250 mL (1 cup)

**Canned milk (evaporated)**  
125 mL (½ cup)

**Fortified soy beverage**  
250 mL (1 cup)

**Yogurt**  
175 g (¾ cup)

**Kefir**  
175 g (¾ cup)

**Cheese**  
50 g (1 ½ oz)

**Cooked fish, shellfish, poultry, lean meat**  
75 g (2 ½ oz)/125 mL (½ cup)

**Cooked legumes**  
175 mL (¾ cup)

**Tofu**  
150 g or 175 mL (¾ cup)

**Eggs**  
2 eggs

**Peanut or nut butters**  
30 mL (2 Tbsp)

**Shelled nuts and seeds**  
60 mL (¼ cup)

## Make each Food Guide Serving count... wherever you are - at home, at school, at work or when eating out!

- ▶ Eat at least one dark green and one orange vegetable each day.
  - Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
  - Go for orange vegetables such as carrots, sweet potatoes and winter squash.
- ▶ Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
  - Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.
- ▶ Have vegetables and fruit more often than juice.

- ▶ Make at least half of your grain products whole grain each day.
  - Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
  - Enjoy whole grain breads, oatmeal or whole wheat pasta.
- ▶ Choose grain products that are lower in fat, sugar or salt.
  - Compare the Nutrition Facts table on labels to make wise choices.
  - Enjoy the true taste of grain products. When adding sauces or gravies, use small amounts.

- ▶ Drink skim, 1%, or 2% milk each day.
  - Have 500 mL (2 cups) of milk every day for adequate vitamin D.
  - Drink fortified soy beverages if you do not drink milk.
- ▶ Select lower fat milk alternatives.
  - Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

- ▶ Have meat alternatives such as beans, lentils and tofu often.
- ▶ Eat at least two Food Guide Servings of fish each week.\*
  - Choose fish such as cod, herring, mackerel, salmon, sardines and trout.
- ▶ Select lean meat and alternatives prepared with little or no added fat or salt.
  - Trim the visible fat from meats. Remove the skin or poultry.
  - Use cooking methods such as broiling, baking or poaching that require little or no added fat.
  - If you eat fast-food meals, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.

**Enjoy a variety of foods from the four food groups.**

**Satisfy your thirst with water!**

Drink water regularly. It's a calorie-free way to quench your thirst. Drink more water in hot weather or when you are very active.

**Oils and Fats**

- Include a small amount - 30 to 45 mL (2 to 3 Tbsp) - of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in Canada's Food Guide will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

\* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to [www.healthcanada.gc.ca](http://www.healthcanada.gc.ca) for the latest information.

# Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty  
of vegetables  
and fruits

Eat protein  
foods

Make water  
your drink  
of choice



Choose  
whole grain  
foods

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Discover your food guide at

[Canada.ca/FoodGuide](https://Canada.ca/FoodGuide)

# March is Nutrition Month Focus on Protein Foods

Protein is found in many foods. Including protein foods at meals and snacks helps you feel full and energized throughout the day. Below are some tips to help you include protein foods throughout the day.



Canada's food guide plate

- Foods that have higher amounts of protein are grouped together as protein foods in Canada's food guide.
- Aim for 1/4 of your plate to come from protein foods at each meal and snack.
- Include a variety of protein foods each day. Different protein foods provide different vitamins and minerals important for health. Some provide iron, while others are a source of calcium and vitamin D.
- Try to include plant-based protein foods more often. Plant-based protein foods provide more fibre and less saturated fat which supports digestion and heart health.

## Protein Foods

Protein foods can come from plant or animal sources.

### Plant-Based:

- Beans
- Lentils
- Nuts
- Peas
- Seeds
- Soy foods such as tofu, edamame, and fortified soy beverage



### Animal-Based:

- Dairy products
- Eggs
- Fish
- Lean meats
- Poultry
- Wild game



## Tips to Include Protein Foods

- Include eggs at breakfast, on salads or with rice.
- Enjoy yogurt or cottage cheese topped with fruit or blended into smoothies.
- Sprinkle nuts and seeds on cereal or salads.
- Add chickpeas, lentils, beans, or canned fish in wraps, salads, pasta, or rice dishes.
- Snack on nuts, edamame, or roasted chickpeas.
- Add lentils or beans to your favourite soups, stews, chilis, pastas, or rice dishes.
- Use tofu, tempeh, or paneer in stir-fries and curries.



## Saving Money on Protein Foods

Choose the tips that fit your lifestyle best.



- Beans, lentils, and split peas are often lower cost protein choices.
- Eggs are usually lower cost than meat.
- Yogurt in a larger tub is often a lower cost than several single-serve containers.
- Canned or frozen fish is often less expensive than fresh.
- Plan meals based on what is on sale each week. Use flyers to check for sales at your local grocery store.

## Additional Information



Canada's food guide:  
Eat protein foods



Canada's food guide:  
Food guide kitchen



Nutrition Handouts Search:  
'Protein'



Health Link 811 for nutrition information

Scan the QR code or click on the text to learn more.

# Best Choices for Drinks at Home

**To make the best choices easy,  
keep drinks with no or low sugar handy!**



**For example:**

- Keep your fridge stocked with cold water and milk.
- Keep sugary drinks out of the house most of the time.



**Water is the Best Choice to Satisfy Thirst!  
Water is Calorie and Sugar Free!**

**Some healthy ways to flavor water at home:**

- Add a slice of lemon, orange or lime.
- Add some sliced ginger.
- Add fresh herbs such as mint.
- Add a cinnamon stick.
- Or try sparkling water.



**To make ice tea at home:**

- Use decaffeinated tea or herb or fruit tea.
- Don't add sugar or other sweeteners.
- Flavor it with slices of ginger, lemon, orange or lime or fresh mint or cinnamon sticks.

Scan the code with your phone camera and click the link to connect with FNHA Traditional Foods Fact Sheet.



[https://www.fnha.ca/WellnessSite/WellnessDocuments/  
FNHA-COHI-Elder-Recipes.pdf](https://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA-COHI-Elder-Recipes.pdf)

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Scan the code with your phone camera and click the link to connect with FNHA Elder Recipes.



[https://www.fnha.ca/WellnessSite/WellnessDocuments/  
Traditional\\_Food\\_Facts\\_Sheets.pdf](https://www.fnha.ca/WellnessSite/WellnessDocuments/Traditional_Food_Facts_Sheets.pdf)



## Connection in the Kitchen with Harley!

Our amazing group of ladies have been a great set to learn new recipes and skills in the kitchen with!

With our first 3 weeks done we have made some amazing Muffins, Quiches, Mediterranean Bowls, Chicken Noodle soup and Biscuits.

We have 5 sessions left in our 8 week program with plenty more delicious recipes planned!





## 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@qwemtsin.org](mailto:bobbi@qwemtsin.org)

The deadline for this posting is March 27, 2026.

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



# ST. PATRICK'S DAY

## WORD SEARCH



# 5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

when you see your doctor, nurse, or pharmacist.

## 1. CHANGES?

Have any medications been added, stopped or changed, and why?

## 2. CONTINUE?

What medications do I need to keep taking, and why?

## 3. PROPER USE?

How do I take my medications, and for how long?

## 4. MONITOR?

How will I know if my medication is working, and what side effects do I watch for?

## 5. FOLLOW-UP?

Do I need any tests and when do I book my next visit?



Keep your medication record up to date.

### Remember to include:

- ✓ drug allergies
- ✓ vitamins and minerals
- ✓ herbal/natural products
- ✓ all medications including non-prescription products

Ask your doctor, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.

## HEALTH BENEFITS MEDICAL TRANSPORTATION REQUEST FORM

Toll Free Phone Number: 1-800-317-7878	Toll Free Fax Number: 1-888-299-9222	Email: Transportation@fnha.ca
Local Phone Number: 604-666-3331	Local Fax Number: 604-666-3200	
Mailing Address: #540-757 Hastings Street W.	CITY/PROVINCE: VANCOUVER, BC	POSTAL CODE: V6C 1A1

### Part 1 – Client Information

Surname:		First and Middle Names:	
Status Number:	BC Health Care Card Number:	Date of Birth:        /        / YY/    MM/    DD/	
Street Address:		Telephone Number#:	
Mailing Address (If different than Street Address):			
City:	Province/Territory:	Postal Code:	<input type="checkbox"/> On Reserve <input type="checkbox"/> Off Reserve

### Part 2 – Escort Information

Escort Required:	<input type="checkbox"/> YES <input type="checkbox"/> NO	Status Number (if applicable)
Escort Name:		Date of Birth:        /        / YYYY / MM / DD

### Part 3 – Health Practitioner / Health Facility Information

Name:	Telephone Number:
Address:	City/ Province/Territory:
Specialty:	Appointment Date(s) and Time(s):

### Part 4 – Travel Information / Mode of Transportation

Date of Departure:		Return Date:	
Transported From:		Transported To:	
<b>Transportation Type:</b>	<input type="checkbox"/> Plane	<input type="checkbox"/> Bus	<input type="checkbox"/> Boat <input type="checkbox"/> Wheels for Wellness
	<input type="checkbox"/> Taxi	<input type="checkbox"/> Private Vehicle	

### Part 5 – Accommodation

Accommodation Type:	<input type="checkbox"/> Hotel/Motel <input type="checkbox"/> Private (Family/Friend) <input type="checkbox"/> Other	Accommodation Check – In Date:	Accommodation Check – Out Date:
Indicate if two (2) Beds Required:	Wheelchair accessible Room Required:	Meal(s): Same day travel >6 Hours <input type="checkbox"/> Overnight <input type="checkbox"/>	
<input type="checkbox"/> YES    or <input type="checkbox"/> NO	<input type="checkbox"/> YES    or <input type="checkbox"/> NO		

### Part 6 – Authorization and Signature

I authorize the release of any records that are relevant to the processing and payment of all claims held by the service provider to First Nations Health Authority, its agents or contractors, or any appropriate Health Professional licensing or Regulatory Body for the purpose of administrative audit. I declare the information to be true and accurate and do not contain a claim for any benefit or service previously paid for by First Nation Health Authority; or by any other plan(s)/program(s) that is noted in the statement or explanation of benefits.	
Client, Parent, Guardian or Person having a legally recognized authority	Date:        /        / (YYYY / MM / DD)
Print Name:	Signature:

**Please complete this form and attach a copy of the referral letter (if applicable), including the specialist's information, confirmation of appointment, Physician Escort Form (if applicable).**

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**Note: Original Receipts for Hospital Parking, Tolls, Ferry, Air, Bus, Taxi, and Hotel MUST be mailed to our office indicating to whom it should be payable to with the referral and confirmation of appointment.**

# Did you know ?

Ambulance fee's can be direct billed to FNHA

To ensure that ambulance fees are billed directly to the First Nations Health Authority (FNHA), eligible members should provide their status number to BC Emergency Health Services (BCEHS) at the time of service. This is the primary method for direct billing.

Important Considerations:

Alternative Coverage:

If the ambulance service was the result of a motor vehicle accident or a workplace incident, the bill should be forwarded to the Insurance Corporation of BC (ICBC) or WorkSafe BC, respectively, as the FNHA Health Benefits program will not cover these. Alternate coverage must be used first.

Reimbursement:

If you pay out-of-pocket for an eligible ambulance transport, you can apply for reimbursement. You must submit a completed Medical Transportation Request form along with all original receipts and a confirmation of attendance within one year of the service.

For any questions regarding direct billing process, you can call FNHA Health Benefits at 1-855-550-5454

For more  
information,  
please call our  
office at:  
250-314-6732



Q'wemtsín  
HEALTH SOCIETY

Together, let's Give To Gain  
for gender equality.



# *QHS Presents:* End of Spring Break Basket Ball Camp

**When:**

March 27, 2026

9:30am - 3:30pm

**Where:** Sk'elep Gym, 305 Powwow  
Trail

**Ages:** 8-18yrs

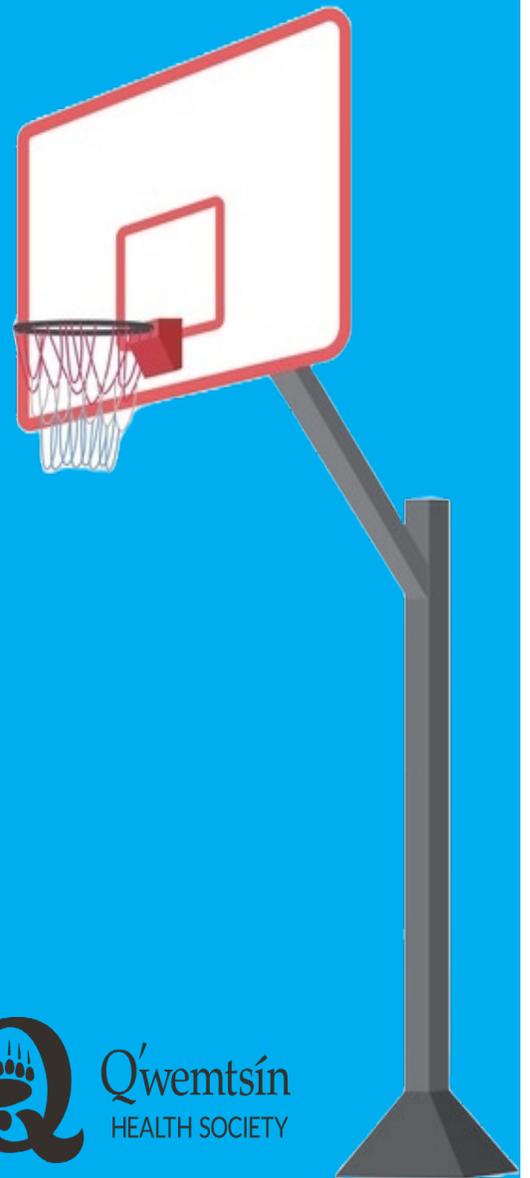
**Advanced Registration is preferred,**  
however registration will be available at  
Sk'elep School Gymnasium @ 9:30am

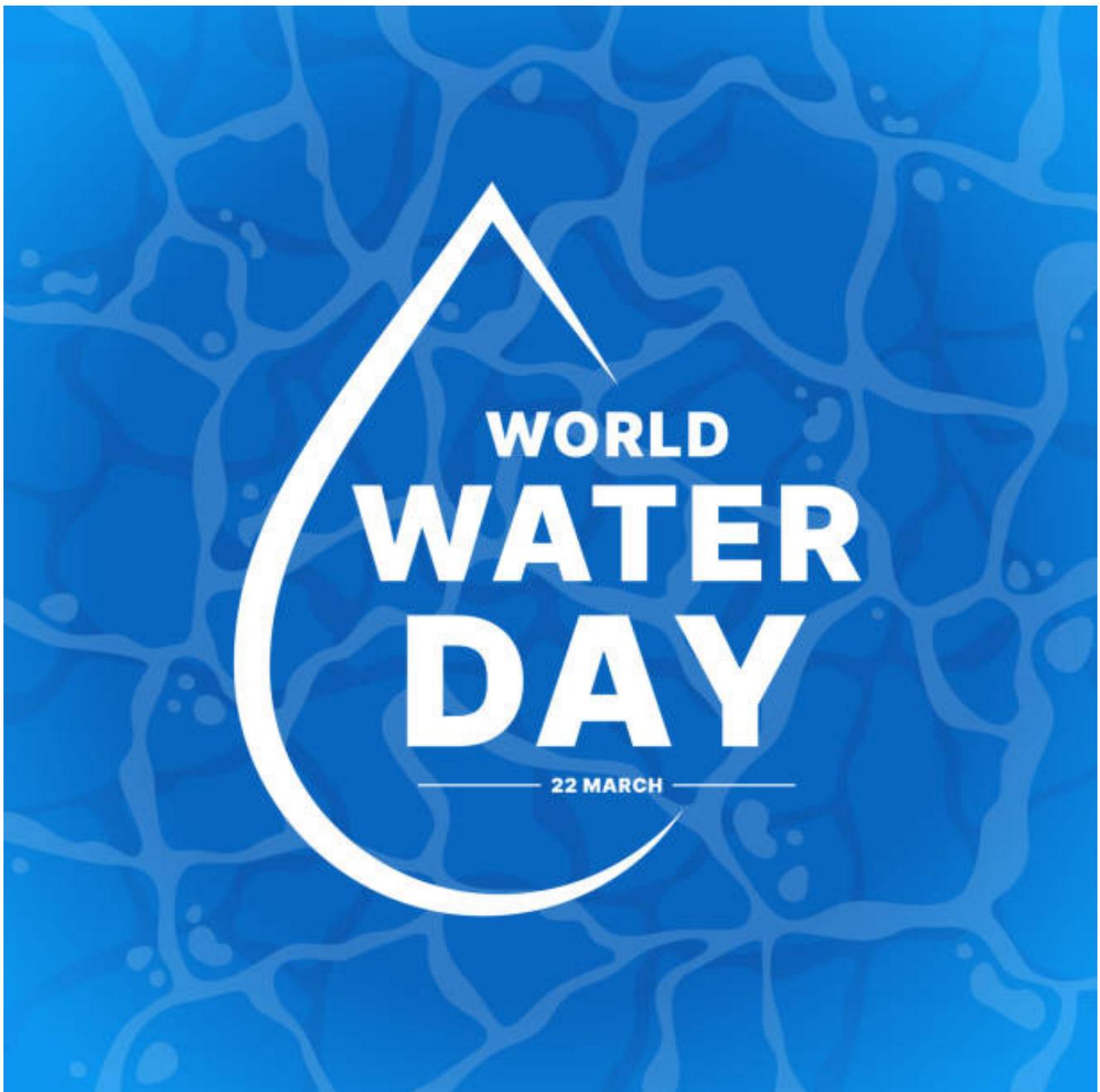
Snacks & Lunch Provided  
QHS will also provide water bottles

***Contact for registration:***

Lindsie Manywounds -  
lindsie@qwemtsin.org

Christine Mack -  
cmack@qwemtsin.org





## How to Conserve Water in your Home

- check plumbing and fix any leaks
- install low flow faucets to your shower and sinks
- turn water off while brushing teeth
- take shorter showers
- run full loads in dishwasher and washing machine
- collect rain water to water plants
- don't allow your water to run and run

 QHS • Open House



# 25 Year Anniversary Celebration!

Come and join Q'wemtsin Health Society as we celebrate our 25 year long journey towards the promotion of healthy Secwepemc individuals, families and communities.

When: April 1, 2026

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

Where: 130 Chilcotin Road

Light refreshments served, door prize draws, and swag giveaways.

This is a free event, where everyone is welcome!

For more information  
please call our office at:

250.314.6732

or email:

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



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



Q'wemtsín  
HEALTH SOCIETY



## March 2026

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



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 [informa-tion 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@cfsf.org](mailto:slarocque@cfsf.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>	<p><b>Urgent Primary Care and Learning Centre</b></p> <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>
	<p><b>Kinetic Energy Medical Clinic</b></p> <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>
	<p><b>Kleo's Pharmacy</b></p> <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>
	<p><b>Ashcroft Urgent and Primary Care Centre</b></p> <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>	<p><b>Avee Health (Online Dr.)</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.avee.health/booking">www.avee.health/booking</a></li> </ul>
	<p><b>Kipp-Mallery iMedicine Services -Landmark Location</b></p> <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>	<p><b>Northshore Pharmacy and Care Clinic</b></p> <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>

<p><b>Virtual</b></p>	<p><b>Northshore Pharmacy and Care Clinic</b></p> <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>
	<p><b>Enhanced Care Clinic (Go to Doctors.ca)</b></p> <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>
	<p><b>FNHA Dr of the Day – 1-855-344-3800</b></p> <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>
	<p><b>TIA Virtual Health Clinic</b></p> <ul style="list-style-type: none"> <li>• Book online: Tiahealth.com</li> <li>• Virtual or Telephone appointments</li> </ul>
	<p><b>Virtual Physicians at Health Link</b></p> <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>
	<p><b>Rocket Doctor</b></p> <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>
	<p><b>VivaCare Telehealth</b></p> <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 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.....	<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 Rescuse.....	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

