

NEWSLETTER

SPRING
EDITION
MAY
2026



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



Q'wemtsín
HEALTH SOCIETY

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On April 1st QHS celebrated 25 years of service provision for the three member bands; Tk'emlups te Secwepemc, Skeetchestn Indian Band, and Whispering Pines / Clinton Indian Band.

In recognition of this momentous achievement we honoured the staff, Board, and Communities with drumming, singing, door prizes, special giveaways, and a feast.

The Board further acknowledged the hardwork and dedication of the Society's Health Director with a blanketing ceremony as much of QHS' successes can be attributed to her years of commitment, leadership, and hard work.

We thank our funders, Board, staff, and all Community Members who have contributed to the development of our prosperous Society and look forward to seeing what we achieve in the next 25-years!



On March 27th, QHS proudly hosted an End of Spring Break basketball camp for the youth at Sk'elep School. The camp welcomed participants between the ages of 8 and 18, providing a fun and supportive environment for skill development and teamwork. Running from 9:30 am to 3:30 pm, the day began with dynamic drills designed to enhance basketball fundamentals such as ball handling, shooting, and defense.

After the drills, participants engaged in a series of friendly basketball games, allowing them to apply their skills in a real-game setting while building confidence. The camp was a great success, with over 22 enthusiastic youth attending, and many expressing excitement and interest in future basketball camps.



QHS • Notice



Office Closure

QHS and Skeetchestn Health Centre will be closed for Victoria Day on Monday, May 18th and will resume regular hours Tuesday, May 19th

For more information
please call our office at:

250.314.6732

or email:

qhs@qwemtsin.org

 qwemtsin.org



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Office Closure

QHS and Skeetchestn Health Centre will be closed Thursday, May 28th and Friday, May 29th, for staff professional development.

We will resume regular business hours Monday, June 1st.

For more information
please call our office at:

250.314.6732

or email:

qhs@qwemtsin.org

 qwemtsin.org



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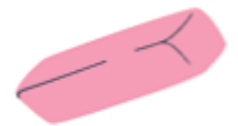


Preschool/ Kindergarten Day!



Come and join us for a fun outdoor event!

When: Thursday, May 21st
Time: 10:00 a.m. - 2:00 p.m.
Where: 130 Chilcotin Road



For children ages 3-5 we will have hearing screening with IHA Audiologist, bouncy castle, Uncle Chris the Clown, face painting, dental, and lunch and refreshments provided.



For more
information please
contact
250-314-6732



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• CIRCLE OF LIFE PROGRAM



Skeetchestn Health Centre

**PRESCHOOL/
KINDERGARTEN
WELLNESS DAY**

We would love for you to join us at Skeetchestn Health Centre for:

- **Hearing Screening with Audiologist**
- **Outdoor Activities**
- **Lunch Provided**
- **FUN FUN FUN!!!**

For Children age 3-5

May 13

Wednesday-11:00am -2:30pm
Skeetchestn Health Centre
For more information call:
250-373-2580



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Skeetchestn Community you are invited to our Acrylic Paint Party. The purpose of this paint party is about Creating connection among community and promoting Emotional and mental wellness. Light Refreshments and Supplies will be provided.



Date: Friday, May 22, 2026
Time: 11:00 am to 2:00 pm
Place: Skeetchestn Health Centre

Please call the Skeetchestn Health Centre to sign up.
Spots are limited.

Phone: 250.373.2580
Email: leeanne@qwemtsin.org

Kikyé7e re Stsq̓lexs *(The Grandmother's Circle* *Info Session)*

Date:
Wed. May 20th, 2026

Time:
11:00 am-2:00 pm

Location:
Skeetchestn Health
Center
(lunch & drinks provided)

*Skeetchestn Women Elders, join us to honour
tradition, share stories and wisdom.*



More Info:
Christine Mack (250)-314-6732 ext. 223 or
Lee-Anne Deneault 250-373-2580

Did you know?

QHS provides the following services for Diabetics

- Certified Diabetic Educator
- Footcare Specialist
- Libre Program, blood sugar monitoring
- Nutrition Counselling
- One-on-one nursing education and support

For more information
call: (250)-314-6732
or email:
qhs@qwemtsin.org



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THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES



DENTAL
HYGIENE
CANADA.CA

Clearing the Air on Vaping and Oral Health



The use of electronic cigarettes (e-cigarettes) or modified devices (MODs), also known as vaping, has become increasingly popular in Canada, especially among youth and young adults. Unfortunately, vaping is not harmless—especially when it comes to your oral health.

What Is Vaping?

Vaping is the act of inhaling a vapour (an aerosol) created by heating a liquid (often called e-liquid or vape juice) in a device. This liquid may contain:



Oral Health Risks

Dry mouth and cavities

Saliva protects your teeth. Vaping can reduce the amount of saliva you produce, which leads to dry mouth and increases the bacteria that cause cavities and bad breath.

Gum disease

Vaping can irritate the inside of your mouth, leading to gum disease (gingivitis), receding gums, loss of tooth enamel, and tooth sensitivity. It can also contribute to bone loss (periodontitis).

Cancer

The vapour you inhale may contain chemicals, such as formaldehyde, that damage cells and may increase the risk of oral cancer. Vaping devices can release cancer-causing metals such as lead, nickel, lead, cadmium, and chromium. Breathing in these metal particles can harm your mouth and your body.

"Everything's so simple, and we make everything so complicated.
That's why we're confused."

-- Vickie Downey, TEWA/Tesuque Pueblo

The Creator designed a very simple set of Laws for us to follow.
If we follow these simple things, we'll be happy.
If we don't follow these simple things, our lives become complicated.

For example:

- Respect Mother Earth
- Love one another
- Be truthful
- Give to your brother and sisters
- Be gentle with each other
- Be happy

Following these simple Laws will have great rewards.

Did you Know?



May is Sun Awareness Month!

Here are some ways to protect yourself from the sun:

- Seek shade, do not stay exposed to the sun for long periods of time.
- Check your skin regularly, see a dermatologist if you notice anything unusual.
- Apply sunscreen 30 SPF or higher
- Wear protective clothing such as: wide brimmed hat, UV protection sun glasses, tightly woven clothing

To Check your skin
scan the link for the
five steps on how to



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May 7th is National Child & Youth Mental Health Day !

To honour this special day, check out this free online webinar
Children Hurt Inside: Nurturing Awareness and the Power of
Relationships

When : Thursday, May 7th

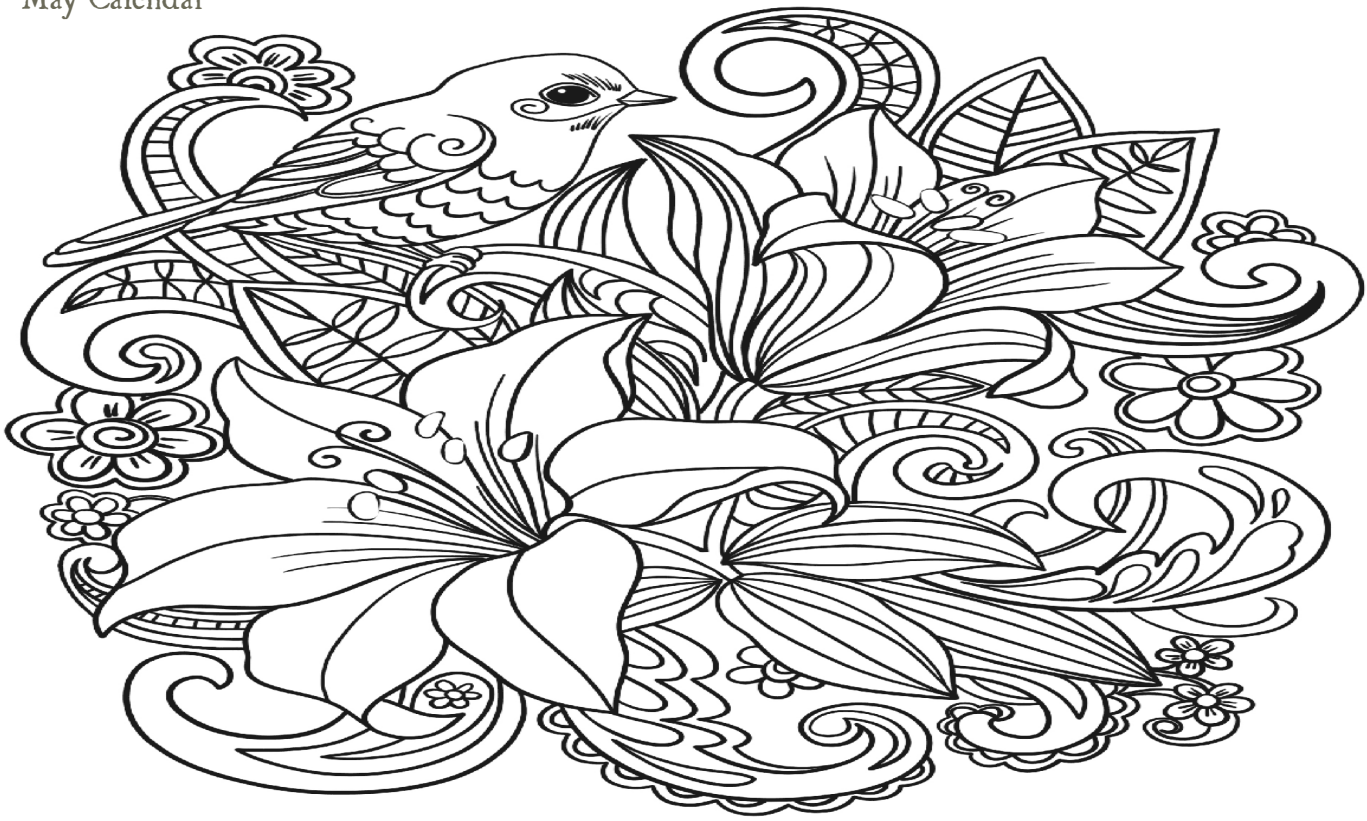
Time: 6:30 p.m. - 8:00 p.m.

Guest Speaker : Katie DeReus

Katie DeReus is a Registered Clinical Counsellor and has over 20 years of experience as a teacher and school counsellor. In the webinar Katie will talk about her experience and understanding the struggles children under the age of 12 experience and how you can respond, connect and understand their behaviors and emotions.

To register for the free
webinar, scan the link:





May 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Doctor CST	5 CST	6 Doctor ND	7 Doctor Footcare	8	9
10	11 Doctor CST	12 CST	13 Doctor ND DENTAL	14 Doctor Footcare	15 Footcare	16
17	18 OFFICE CLOSED	19 CST	20 ND	21 Footcare	22	23
24/31	25 Doctor CST	26 CST	27 Doctor ND	28 OFFICE CLOSED	29 OFFICE CLOSED	30
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

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-a-to-z/indige-noushealth/indigenous-mental-health-and-wellness>

Interior Health Region

Phone: 310-MHSU (6478)
Website: <https://www.interior-health.ca/health-and-wellness/mental-health-and-substance-use/mental-health/adult-mental-health-services-and-resources>

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/mental-health-substance-use/get-help-now>

Vancouver Coastal

Phone: 8-1-1
Website: <https://www.vch.ca/en/health-topics/mental-healthsubstance-use>



Primary Care Services

In Person	<p>Urgent Primary Care and Learning Centre</p> <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
	<p>Kinetic Energy Medical Clinic</p> <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
	<p>Kleo's Pharmacy</p> <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
	<p>Ashcroft Urgent and Primary Care Centre</p> <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	<p>Avee Health (Online Dr.)</p> <ul style="list-style-type: none"> • www.avee.health/booking
	<p>Kipp-Mallery iMedicine Services -Landmark Location</p> <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	<p>Northshore Pharmacy and Care Clinic</p> <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

<p>Virtual</p>	<p>Northshore Pharmacy and Care Clinic</p> <ul style="list-style-type: none"> • (250)376-9991 • https://northshorepharmacy.ca/ • Monday to Saturday 9:00 am – 5:30 pm, Sunday and Holidays 9:00 am – 10:00 am • Virtual appointments in the pharmacy <p>***must be willing to switch to using their pharmacist***</p>
	<p>Enhanced Care Clinic (Go to Doctors.ca)</p> <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
	<p>FNHA Dr of the Day – 1-855-344-3800</p> <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
	<p>TIA Virtual Health Clinic</p> <ul style="list-style-type: none"> • Book online: Tiahealth.com • Virtual or Telephone appointments
	<p>Virtual Physicians at Health Link</p> <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.
	<p>Rocket Doctor</p> <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
	<p>VivaCare Telehealth</p> <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'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.....	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 Patricia/ Collen	1-877-288-5688
Liimichif Otipeniswak.....	250-554-9486

