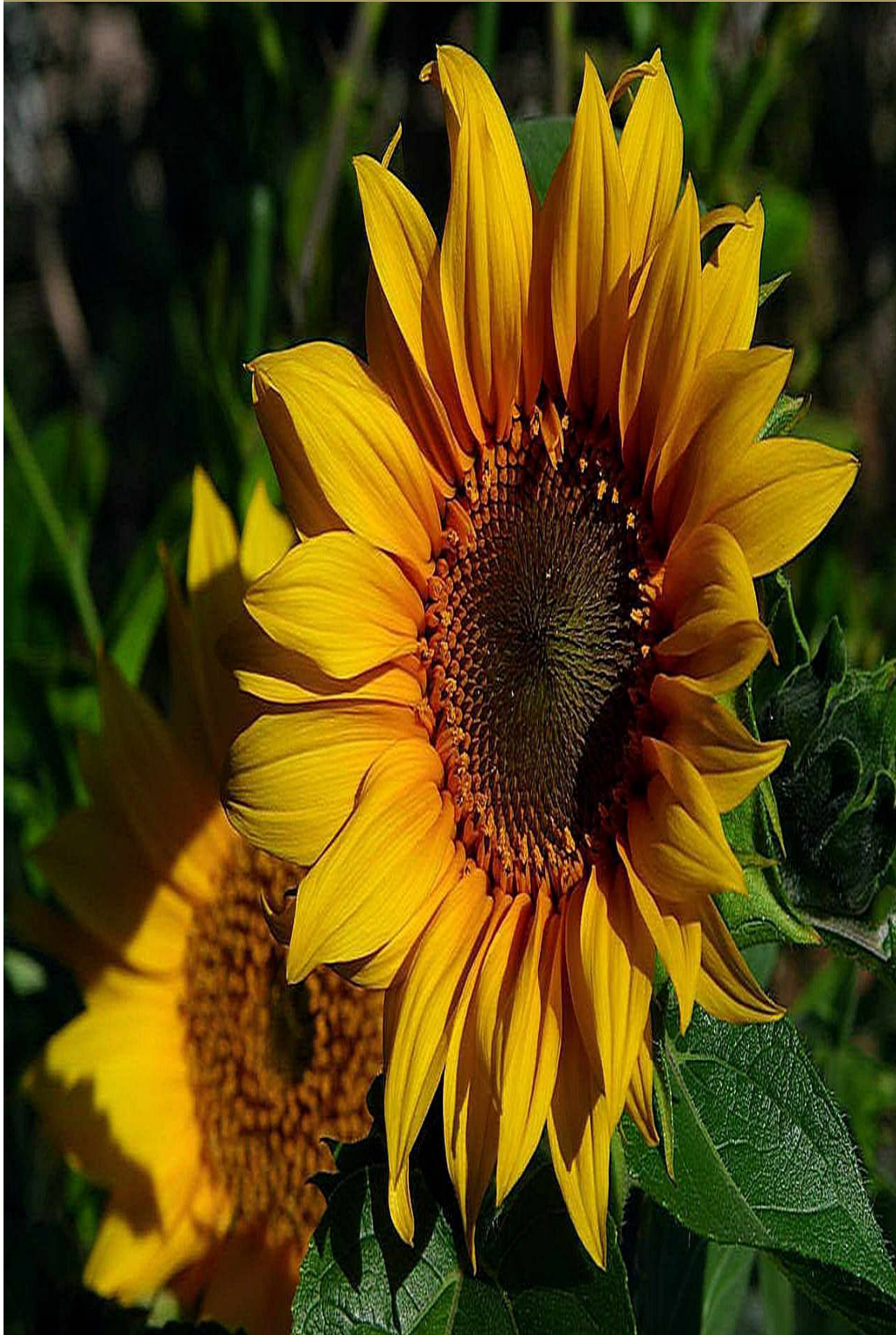


# NEWSLETTER

SUMMER  
EDITION  
JULY  
2026



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



Q'wemtsín  
HEALTH SOCIETY

## IN THIS ISSUE

Employee Profile

Office Closure Notice

Darien Thira Presentation

Inspire Health Supportive  
Cancer Care

Kamloops Market Dates

National Drowning  
Prevention Week

Coloring Page

TteS Grandmother's Circle

SIB Grandmother's Circle

SIB Food Sense for  
Families Program

QHS Home Care Program

Kamloops Dementia  
Support Group Information

QHS Workshops

QHS Floor Hockey

July Calendar

FNHA Mental Health  
Resources

Primary Care Resources

Kamloops Resource  
Numbers



My name is Susan Johnny, I am from Adams Lake Indian Band. I have recently moved back to BC after living in Alberta for the past 12 or so years. I have three amazing kids and we have two dogs who we love so much and their names are Monkey and Tiny and they are brother and sister. We also have a cat named Oreo and she has three kittens.

I graduated from ABES for Home Care Assistant Certificate in 2019. Since then I have worked for agencies, and facilities in Calgary. Since I moved back to BC I am currently working at Qwemtsin Health Society as a Health Care Assistant and get to work in the community.



# Office Closure

QHS and Skeetchestn Health Centre  
will be closed on:

Wednesday, July 1 in observance of  
Canada Day

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

**QHS** • Notice



# Office Closure

QHS and Skeetchestn Health Centre  
will be closed on:

Thursday, July 2 and Friday, July  
3 for all staff to participate in and  
support the delivery of Darien Thira's  
Community is Medicine Presentation.

For more information  
please call our office at:

250.314.6732

or email:

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

2



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



**Q'wemtsín**  
HEALTH SOCIETY

# QHS • Presentation



## Community is Medicine

Facilitated by Darien Thira, This workshop will redefine issues, such as suicide, violence and addiction as a community crisis with a social cause and cultural “cure,” one rooted in Traditional values.

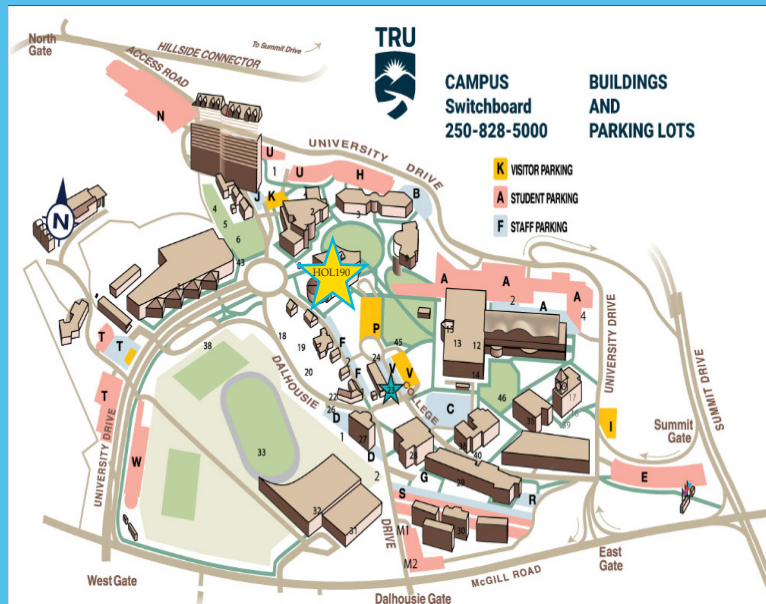


When: Thursday, July 2 and Friday, July 3

Time: 9:00 a.m. - 4:00 p.m.

Where: Room 190, TRU’s Brown Family House of Learning

Everyone is welcome to join us for this free event, though advanced registration is recommended. Guests are encouraged to park in lots H and U, register your license plate with QHS staff upon workshop entrance for free parking!



For more information contact Lindsie:

250-314-6732

Email:

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



Q'wemtsin  
HEALTH SOCIETY



## We're Here to Support You Through Cancer

### Free Cancer Support for your Mind & Body

InspireHealth provides free support for cancer patients and their loved ones' physical and emotional health - right from diagnosis, through treatment and beyond.

Our team of supportive care physicians, exercise therapists, dietitians and counsellors offer life-changing support through one-on-one consultations and a variety of virtual and in-person classes & workshops.

*All services are FREE of charge.  
No doctor referral is required.*

*"InspireHealth has been a constant source of support, giving me tools, compassion, and connection during a time when I needed it most."*

#### We provide support in the areas of:

- Stress and mental health counselling
- Managing treatment side-effects
- Nutrition support
- Exercise therapy for better recovery
- Improving sleep and energy
- Managing work, life, and relationships

### Get Started Today!

Sign up for a 30 minute Orientation Session, register for an upcoming class, or book an appointment now.

Scan this code, or visit [inspirehealth.ca](https://inspirehealth.ca),



[inspirehealth.ca](https://inspirehealth.ca)  
1.888.734.7125  
[info@inspirehealth.ca](mailto:info@inspirehealth.ca)

### Kwséltkten Markets

Free Admission

Sundays between May 24 and August 30, 2026

### Swelaps Market

302 Yellowhead Hwy

9:00am - 2:00pm

- June 14
- June 21
- July 05 (Pop-Up Market)
- July 12
- July 19
- July 26
- August 09
- August 16
- August 23
- August 30

### The Lot Friday Night Market

AT TRU

TRU Lot NT (TRU viewpoint)

5:30pm- 8:30pm

Free Admission

- June 12
- June 26
- July 10
- July 24
- August 7
- August 21

### Saturday Kamloops Farmers' Market

8:30am – 12:30pm

April 18 - October 31, 2026

200 block of St Paul St.  
and the Stuart Wood  
schoolyard

### Wednesday Kamloops Farmer's Market

May 6 - October 28, 2026

8:30 AM - 1:30 PM

400 block of Victoria St.  
(in front of the TNRD Library)



**QHS** • Information



# Did you Know?

National Drowning Prevention Week is Wednesday, July 19 to Saturday, July 25.

With summer months coming up families go to the pool, lakes, and rivers to cool down and enjoy the day with swimming, or boating.


On average 78 people die in BC each year from drowning. Drowning peaks in the summer month and can happen quickly, quietly and can happen sometimes in less than a minute.

Here are four ways to be water smart and to keep your family and friends safe.

1. Wear a lifejacket when swimming and boating
2. Stay sober, drinking, drugs and water don't mix
3. Keep children within arms reach and in sight
4. Swim with a buddy, know your limits

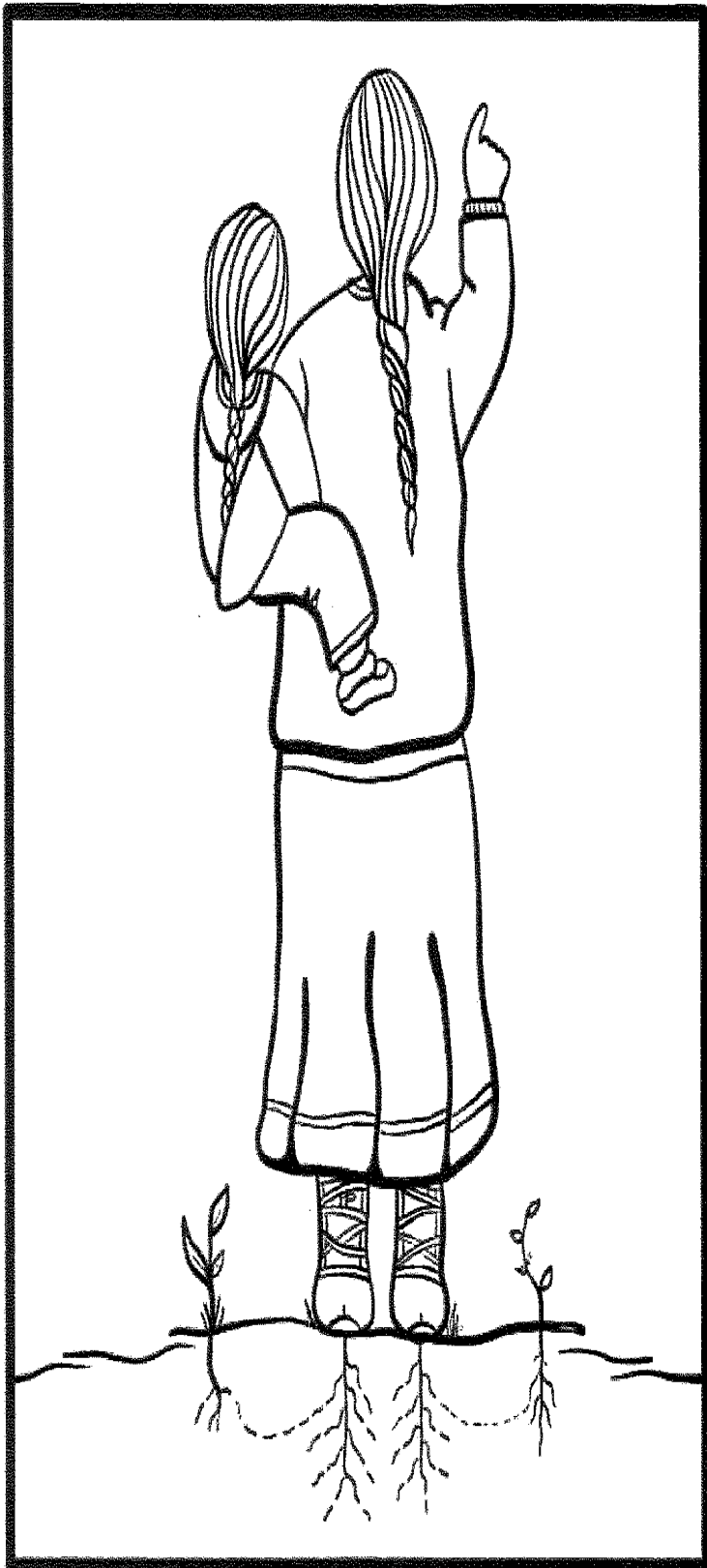
For lifejacket information and Canadian approved lifejackets scan the link



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



**Q'wemtsín**  
HEALTH SOCIETY



our mothers  
and  
grandmothers  
are precious  
life givers  
cherish your  
elders!

# *Kikyé7e re Stsq'lexs* *(The Grandmother's Circle)*

Date:  
Fri. July 24, 2026  
Time:  
1:00 pm - 4:00 pm



Location:  
Moccasin Square  
Garden  
(lunch & drinks provided)

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

**More Info:**  
**Christine Mack (250) 314-6732 ext.223**  
**Transportation available: Stephanie Rose**  
**(250) 319-6024**



# *Kikyé7e re Stsq'lexs* *(The Grandmother's Circle)*

Date:  
Wed. July 29, 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***



**FOOD SKILLS FOR FAMILIES**

# FOOD SENSE

## HEALTHY COOKING ON A BUDGET

### JOIN US!

### FREE SIX SESSION HEALTHY COOKING PROGRAM

- Cook simple & delicious meals
- Share tips in the kitchen
- Learn to read nutrition labels

**CONNECTING** people in the kitchen.

**TEACHING** fun hands-on cooking skills.

**MAKING HEALTHY EATING** easy, enjoyable and fun.



## Yummy Recipes!

- Hummus
- Kale Salad
- Roasted Veggies
- Quesadillas
- Granola Bites
- Veggie Fritters
- Homemade Pizza
- Apple Crisp

**PROGRAM DETAILS:**  
Skeetchestn join us for this super fun and easy six week, once a week program.  
  
Starting Date: Thursday, August 27, 2026  
Time: 10:30 am to 2:30 pm  
Place: Skeetchestn Health Center  
  
Contact Lee-Anne at 250.373.2580 for more info.



BC Centre for Disease Control  
Provincial Health Services Authority



BRITISH COLUMBIA

Supported by the Province of British Columbia



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

Fax: 250.314.6742  
qhs@qwemtsin.org  
qwemtsin.org

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## HOME CARE PROGRAM

### WHAT IS HOME CARE?

- Support services delivered in the comfort of a person's home
- Helps individuals maintain independence and quality of life
- Can be short-term (after surgery) or long-term (chronic conditions or aging)

### TYPES OF HOME CARE SERVICES:

(Provided by Q'wemtsin Health Society and/or Interior Health)

#### Medical/Home Health Care:

- Provided by Nurses:
  - Home Care Assessments
  - Implement Care Plan – (Nursing care, Personal care, tub program, foot care, etc.)
  - Referrals: (Occupational therapy, Long Term Care Assessment, foot care, etc.)
  - Assist with Medical Home Safety Equipment: (refer to appropriate assessor/order specific equipment)
  - Chronic Disease Support – (Assessments, medication management, Education, link to resources, etc.)
  - Wound care
  - Foot care Nurse (request eligibility criteria from Home Care Nurse)

#### Personal Care: Help with daily living activities (non-medical)

- Provided by Health Care Assistant
  - Bathing and grooming
  - Dressing and toileting
  - Mobility assistance (walking, transferring)
  - Conversation and companionship
  - Meal preparation
  - Tub Program: Century Tub at Q'wemtsin Health Society)

Homemaker Services: Please contact your Band for further support.

## WHO IS ELIGIBLE?

- Status holding members from any First Nations Band, permanently residing on TTES, SIB, or WPCIB.
  - o (TTES, SIB, WPCIB band members only in Sun Rivers and Private trailer parks in these communities)

To be eligible for services, you must also *be unable to function independently* because of chronic, health-related problems or have health care conditions that require care due to one or more of the following:

- o You have recently been discharged from an acute care hospital.
- o You require care to prevent or reduce the need for hospital or emergency department services or admission to a long-term care home.
- o You have a life-limiting illness.

## WHO TO CONTACT:

### QHS Home Care Nurses:

250-314-6732

- o Delivers Home Care Monday – Friday 8:30 am – 4:30 pm
  - 1-3 times per day based on the support needed.

### Interior Health Home Care Central Intake:

1-800-707-8550

- o This is an automated service, use these selections in order and you will be directed to Kamloops Home Care Intake:
  - First selection – press 2
  - Second selection – press 6
- o Delivers Home Care Daily or supplements evenings, weekends and holidays if QHS has a care plan implemented.

## After the initial request/referral call, what is the next step:

- o Home Care Nurse will contact clients via telephone to arrange a home visit
  - Will request basic information at this time: address, contact, concerns, home safety (animals in home – put outside or in other room during in home visits)
- o A Home Care Nurse will come to your home to discuss the support and eligibility.
- o If appropriate, will then create a care plan with yourself as needed and start services within a week or two.

Your Care, Your Way – We're Just a Call Away



**QHS** • Workshop



# Mosquito Repellant/ After Bite Balm!

Join Lindsie for a 2 hour workshop and make your own all natural mosquito repellant and after bite balm!

Friday, July 17

Located at QHS

1:30 p.m. - 3:30 p.m.

Light refreshments and snacks

Pre-register, limited spots available



Pre-register by email  
[lindsie@qwemtsin.org](mailto:lindsie@qwemtsin.org)  
or call 250-314-6732

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



**Q'wemtsin**  
HEALTH SOCIETY

**QHS** • Workshop



# Smudge & Paint

Come and join Lindsie in the QHS Garden to create your own canvas to take home!

Thursday, July 23

10:00 a.m. - 12:00p.m.

Located at QHS

All supplies are included

Light refreshments and snacks

Pre-register, limited spots available



Pre-register by email  
[lindsie@qwemtsin.org](mailto:lindsie@qwemtsin.org)  
or call 250-314-6732

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



**Q'wemtsin**  
HEALTH SOCIETY

**QHS** • Workshop



# Smudge Spray

Join Lindsie for a 2 hour workshop and learn to make your own smudge spray!

Friday, July 31

Located at QHS

10:00 a.m. - 12:00p.m.

Light refreshments and snacks

Pre-register, limited spots available



Pre-register by email  
[lindsie@qwemtsin.org](mailto:lindsie@qwemtsin.org)  
or call 250-314-6732

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



**Q'wemtsin**  
HEALTH SOCIETY



QHS PRESENTS

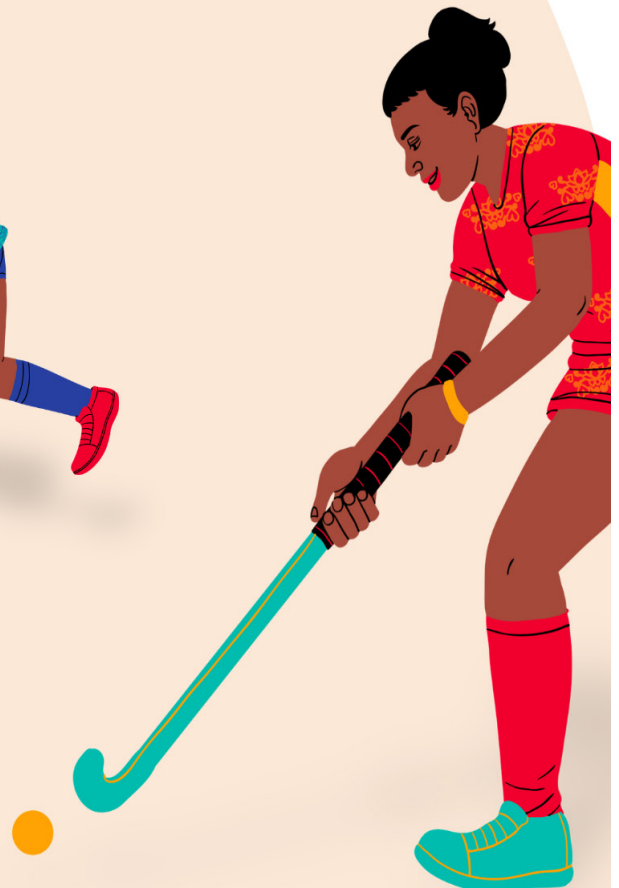
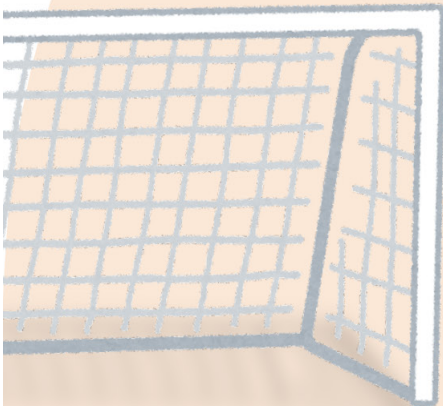
# FLOOR HOCKEY

Join us for an action-packed floor hockey event!

FRIDAY | JULY 09 | 1PM-4PM  
SK'ELEP SCHOOL (365 POWWOW TRAIL)

Free event and open to all youth ages 8-18

Snacks and drinks provided



To register: Christine Mack (250) 314-6732  
or [cmack@qwemtsin.org](mailto:cmack@qwemtsin.org). Pre-registration  
preferred but registration can  
be done on July 9 at 1:00 pm.



July 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Office Closed	2 Office Closed Darien Thira Presentation @ TRU	3 Office Closed Darien Thira presentation @ TRU	4
5	6 Doctor CST	7 Doctor	8 Doctor ND Dental	9 Doctor Footcare	10	11
12	13	14 Doctor	15 ND	16 Footcare	17	18
19	20 Doctor	21 CST	22 Dental	23 Footcare	24	25
26	27 Doctor CST	28 CST	29 Doctor ND	30	31	
Legend: SIB - Purple / QHS - Blue / WPCIB - Green ND-Naturopath Doctor                      CST-Craniosacral Therapy                      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](http://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](http://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](http://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](http://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/indigen-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

<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.....	
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

