

# NEWSLETTER

SPRING  
EDITION  
JUNE  
2026



Qwemtsin 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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**QHS** • Notice



# 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



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



**Q'wemtsin**  
HEALTH SOCIETY



# Office Closure

QHS and Skeetchestn Health Centre  
will be closed on:

Monday, June 22, in lieu of  
National Indigenous Peoples Day

Open Tuesday, June 23 for regular  
services

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 • Information



## Did you Know?

BC Pharmacists can now prescribe 21 minor ailments and contraception.



Musculoskeletal pain



Canker sores



Pinworms and threadworms



Impetigo



Headache



Nicotine dependence



Hemorrhoids



Allergies



Dysmenorrhea



Eye infections



Indigestion



Fungal infections



Acne



Acid reflux



Cold sores



Vaginal candidiasis



Shingles



Urinary tract infections



Hives and insect bites



Oral thrush



Select types of skin rash



Contraception

For more information contact Lisa at:

(250)-314-6732 or email

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

or contact your local pharmacist



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



Q'wemtsin  
HEALTH SOCIETY

# *Kikyé7e re Stsq̓lexs* *(The Grandmother's Circle)*



Date:  
Friday, June 19, 2026

Time:  
1pm-4pm

Location:  
Moccasin Square  
Garden  
(snacks & drinks provided)

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

*More Info:*

*Christine Mack (250)-314-6732*

*Transportation available:*

*Stephanie Rose (250)-319-6024*

**QHS** • Travel Notice



# FNHA Travel Support!

Due to FIFA World Cup,  
There will be limited travel support  
available from FNHA  
to the Vancouver area from  
June 11, 2026 - July 19, 2026

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

# Did you know?

That you can use everyday household items to safely dispose of needles and sharps!

- 1) Do not try to put the cap back on the needle
- 2) Use work gloves, tongs or tweezers to pick up the needle
- 3) Do not pick up the needle by the point, and point the needle point away from you when handling
- 4) Place the needle in a sharps container, needle point first. If you do not have a container you can place the needle in a metal/hard plastic containers with a secure lid
- 5) Wash your hand thoroughly with soap and water
- 6) You can drop off your container at most local pharmacies or a Harm Reduction sites



Needle Clean up  
Monday - Friday  
from 8:30a.m.-4:00p.m  
call Lindsie or Christine  
(250)-314-6732

After hours call the Overdose  
Prevention Team at  
(778)-257-1292



Q'wemtsin  
HEALTH SOCIETY



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, June 19, 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](mailto:leeanne@qwemtsin.org)



**ALL OUR  
RELATIONS**  
**PRIDE GATHERING**

**June 8  
3 - 6 pm**

**Moccasin Square Garden  
357 Chief Alex Thomas Way**

Indigenous Learning at the Outdoor Learning School & Store, a non-profit charity that strives to support Outdoor learning, Indigenous perspectives, and Language Revitalization. You can sign up for the following sessions:

- Secwepemctsin (Shuswap) Language Course (free)
- 4 Seasons of Indigenous Learning 2026-2027 Course (\$40.00)

JULY & AUGUST 2026 ONLINE LANGUAGE COURSE

# Secwepemctsin Shuswap

**Instructor**  
Samantha Matthew  
Stuxtéwsemc

**Host**  
Jenna Jasek  
Kenpesq't

**Speqpeg7uwi**

60 minutes  
8 sessions

A CHARITABLE NON-PROFIT  
OUTDOOR LEARNING  
SCHOOL & STORE

[outdoorlearning.com/event](https://outdoorlearning.com/event)

Art by Robyn Tardif



Scan the link to sign up for Secwepemctsin



Scan the link to sign up for the Four Seasons Course

**QHS** • Information

# Did you Know?

June is Elder Abuse Awareness Month.

The theme is “Be Bold - Age with Attitude” celebrating the Strength and Wisdom of our Elders.

On Monday, June 15th, wear a purple ribbon or display a purple Iris to show your support against Elder Abuse. Our Elders have the right to live free of abuse and discrimination.

Sign up to join the National World Elder Abuse Awareness Day webinar by scanning the QR code.

If you are or know an elder who is being abused you can call and connect with the free and confidential Seniors Abuse & Information Line (SAIL).



Scan to join free webinar

To connect with  
SAIL call:  
1-866-437-1940

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



**Q'wemtsín**  
HEALTH SOCIETY



Interior Health

## Peer Advisor Working Group Opportunity: Integration of a Two Eyed Seeing approach Within MHSU Clinical Services

Interior Health is working on a Two-Eyed Seeing project to support the meaningful integration of Indigenous ways of knowing and healing alongside Western treatment approaches within mental health and substance use clinical services. This project is focused on strengthening equity, respect, and culturally grounded decision-making across the organization. We are looking for 2 Peers with lived/living experience with mental health and/or substance use who also identify as Indigenous to join a working group and share their knowledge, perspectives, and guidance.

### As a Peer Advisor, you will:

- Join a working group focused on developing a practical toolkit to guide the implementation of a Two-Eyed Seeing approach within MHSU clinical services.
- Share lived/living experience and perspectives to inform project direction and decisions
- Provide feedback, suggestions and insights that ensure the committee develops effective, culturally responsive, and inclusive strategies
- Contribute to discussions that support equity, inclusion, and systems change
- Potential to co-facilitate working groups and help gather feedback from additional Indigenous partners, if interested.

### Role Commitment:

- Type: Monthly working group participation (virtual, Microsoft Teams)
- Time Commitment: Approximately 1-2h of meetings and 1-2 hours of preparation and follow-up per month, over 12 months.
- Honorarium provided: \$30 per hour paid by cheque or direct deposit. Please note we are not able to send an e-transfer or gift cards as payment.

### \* Interested?

Please email [IHPeerAdvisory@interiorhealth.ca](mailto:IHPeerAdvisory@interiorhealth.ca) with your interest



# NATIONAL INDIGENOUS PEOPLES DAY

# CELEBRATION

LIVE ENTERTAINMENT | VENDORS | BINGO | MOCCASIN MILE

**FREE CITY  
TRANSIT  
ALL DAY TO  
EVENT!**

EXPERIENCE THE  
HEARTBEAT OF  
CULTURE THROUGH  
POWERFUL SINGING,  
DRUMMING, DANCING,  
JIGGING AND SO  
MUCH MORE!

**FAMILY-FRIENDLY  
EVENT, OPEN TO  
EVERYONE!**

# JUNE 21

10 - 4 | TteS Arbour



Hosted by:

I2



KAFS



Wellness Society  
ASKWELLNESS.CA



RIVERS  
2  
SOCIETY



Kamloops  
Canada's Tournament Capital

Sponsored by:



**GENERAL ADMISSION:**  
**\$15 PER DAY OR \$40 FOR WEEKEND PASS**

**MASTERS OF CEREMONIES**

JACKSON ROLLINGTHUNDER TAHUKA, SAN JUAN CAPISTRANO, CA  
 BART POWAUKEE, FT DUCHESNE, UT

**HEAD SINGING JUDGE**

DAKOTA JAMES, CHILLIWACK, BC

**ARENA DIRECTOR**

GARY (PONY) OLNEY, WHITE SWAN, WA  
 EVERETT WHITE, COLD CREEK, BC

**WHIP MAN**

SHELDON WUTTUNEE, RED PHEASANT, SK

**HOST DRUM**

BLACKSTONE 2025 KAMLOOPA SINGING CHAMPIONS

C&T TABULATING  
 HOKA SOUND JR.

306-551-0972 | a.kamloopapowwow@gmail.com

**45TH ANNUAL**



# Kamloopa Pow Wow

**JUNE 26, 27, 28, 2026**

**DANCE PRIZE PAYOUT**

(GOLDEN AGE, MEN'S BUCKSKIN, TRADITIONAL, FANCY, JINGLE, GRASS, CHICKEN)

GOLDEN AGE MEN 55+	GOLDEN AGE WOMEN 55+	BUCKSKIN 18+	TEENS
1. \$1,800	1. \$1,800	1. \$1,800	1. \$800
2. \$1,500	2. \$1,500	2. \$1,500	2. \$600
3. \$1,200	3. \$1,200	3. \$1,200	3. \$500
4. \$1,000	4. \$1,000	4. \$1,000	4. \$400
5. \$800	5. \$800	5. \$800	5. \$300

JUNIORS	JR ADULT 18-34	SR ADULT 35-54	SINGING CONTEST
1. \$600	1. \$1,800	1. \$1,800	1. \$30,000
2. \$500	2. \$1,500	2. \$1,500	2. \$20,000
3. \$400	3. \$1,200	3. \$1,200	3. \$15,000
4. \$300	4. \$1,000	4. \$1,000	4. \$12,000
5. \$200	5. \$800	5. \$800	5. \$10,000

**SPECIALS**

**HEAD SINGING JUDGE, DAKOTA JAMES**  
**LEAD SINGER SPECIAL GIVING BACK TO THE CIRCLE**

1ST. \$800 + BLANKET (WINNER TAKE ALL)

**TYLER PETERS**

**INITIATION GRASS DANCE SPECIAL 13+**

1ST. \$5,000 + BELT BUCKLE & JACKET  
 2ND. \$4,000 + BELT BUCKLE & JACKET  
 3RD. \$3,000 + BELT BUCKLE & JACKET  
 4TH. \$2,000 + JACKET  
 5TH. \$1,000 + JACKET  
 6TH-10TH. \$500 + HOODIE

**2025 KAMLOOPA POWWOW PRINCESS**  
**SUNSHINE EDWARDS**  
 16+ OLD STYLE JINGLE SPECIAL  
 1ST. \$1000 + JACKET, SKIRT & STAR QUILT  
 2ND. \$500 + JACKET & BLANKET  
 3RD. \$400 + JACKET & BLANKET  
 4TH. \$200 + HOODIE & BLANKET  
 5TH. \$200 + HOODIE & BLANKET  
 5 CONSOLATIONS & GIFTS TO BE ADDED

**MEN'S TRADITIONAL HONOURING**  
**LEESA MIKE SPONSORED BY**  
**MIKE/MOUNTAINCHIEF FAMILY**  
 1ST. \$2,500  
 2ND. \$2,000  
 3RD. \$1,500  
 4TH. \$1,000

**KAMLOOPA POWWOW SOCIETY**  
**IN HONOUR OF OUR YOUTH**  
**4P TEAM DANCE ALL AGES (MENS)**  
 1ST. \$4,000  
 2ND. \$3,000  
 3RD. \$2,000  
 4TH. \$1,000

**CHIEF & COUNCIL**  
**IN HONOUR OF OUR YOUTH**  
**4P TEAM DANCE ALL AGES (WOMENS)**  
 1ST. \$4,000  
 2ND. \$3,000  
 3RD. \$2,000  
 4TH. \$1,000

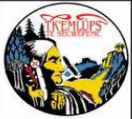
**TREVAL LARUE'S CONTEMPORARY GRASS**  
**COMING OUT SPECIAL TEENS 13-18**  
 1ST. \$1300  
 2ND. \$1000  
 3RD. \$500  
 2 CONSOLATIONS OF \$250 EACH

**SPONSORED BY HEAVEN AND EARTH**  
**NATIVE ART AND CULTURAL STUDIO**  
**CRADLE BOARD OPEN TO ALL LIFE GIVERS**  
 1ST. \$1000  
 2ND. \$500  
 3RD. \$300  
 TROPHYS

**SPONSORED BY HEAVEN AND EARTH**  
**NATIVE ART AND CULTURAL STUDIO**  
**TINY TOT'S BOYS AND GIRLS**  
 1ST. \$100  
 2ND. \$50  
 3RD. \$25  
 4TH. \$15

**WOMEN'S FANCY SPECIAL HONOURING**  
**GALE MOUNTAINCHIEF**  
**SPONSORED BY MOUNTAINCHIEF FAMILY**  
 1ST. \$2,500  
 2ND. \$2,000  
 3RD. \$1,500  
 4TH. \$1,000

45 RIBBONS, TROPHYS & PRIZES FOR PARTICIPANTS



THE KAMLOOPA POWWOW SOCIETY AND THE TK'EMLUPS TE SECWEPEMC WILL NOT BE HELD RESPONSIBLE FOR ANY LOST, STOLEN OR DAMAGED ARTICLES OR INJURIES. ABSOLUTELY NO DRUGS OR ALCOHOL PERMITTED.

UNDER NO CIRCUMSTANCE WILL THE POWWOW BE CANCELLED

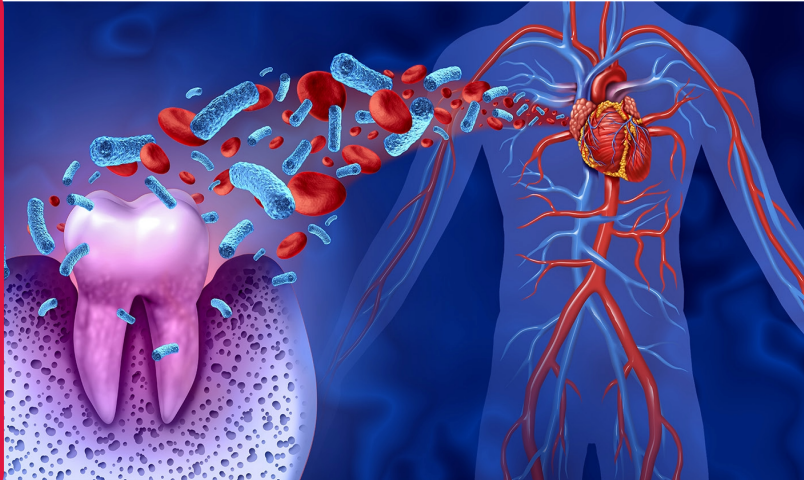
**Accent Inns.**  
 250-377-8877  
 HOST HOTEL / POWWOW RATE

**RAMADA**  
 BY WYNDHAM  
 250-374-0358  
 HOST HOTEL / POWWOW RATE





# A Healthy Smile Is Good for Your Heart

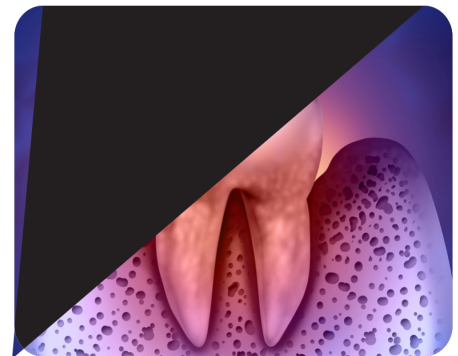


## How does oral health affect heart health?

When your dental hygienist reminds you to brush, floss, and rinse daily, it's not just to protect the health of your teeth. Poor oral hygiene allows harmful bacteria to grow in your mouth. These bacteria cause bad breath, sore, inflamed gums (gingivitis), and tooth and bone loss (periodontitis). They also travel through the bloodstream to other parts of your body. If these bacteria reach your heart, they can cause a serious infection called endocarditis. Bacteria in the bloodstream can also contribute to clogged arteries, which increase your risk for heart attack and stroke.

## Signs of poor oral health

- Red, swollen or tender gums
- Bleeding gums while brushing or flossing
- Gums that are separating or receding from the teeth
- Bad breath or a bad taste in your mouth
- Infection, such as pus, in the gums
- Tooth decay
- Loose teeth



## Whose heart health is at risk?



Individuals with advanced, chronic gingivitis or periodontitis



Individuals with diagnosed heart disease or a previous stroke

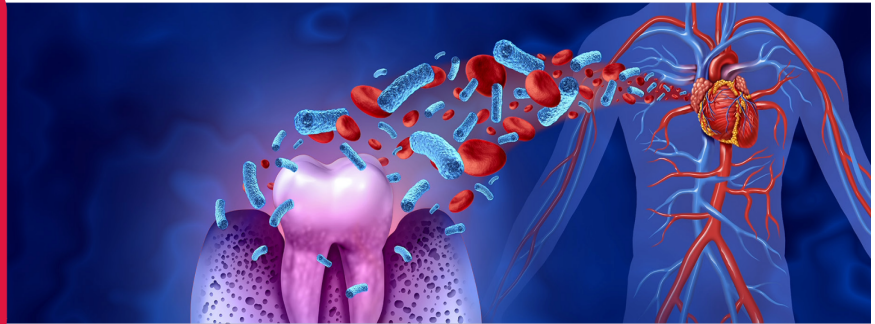


Individuals with high blood pressure, high cholesterol or who are obese



Smokers

# A Healthy Smile Is Good for Your Heart



## What can you do?

### 1. Make healthy lifestyle choices



Avoid cigarettes and other tobacco products.



Eat a healthy diet rich in vitamins A, C, and D.



Exercise regularly.

### 2. Take steps to prevent gingivitis and periodontitis

While researchers have not found a direct connection between gum diseases and heart disease, studies show that people with poor oral health have higher rates of heart problems and stroke. That increased risk—even if it isn't fully understood—is a good reason to develop a daily at-home oral care routine and schedule regular preventive dental hygiene appointments.



Brush twice a day for 2 minutes with a soft toothbrush and fluoride toothpaste. Don't forget to reach the back and the inside surfaces of the teeth, and along the gumline.



Use a power toothbrush, if possible. It removes more bacteria than a manual toothbrush.



Clean between teeth daily with dental floss, a floss aid or an interdental brush.



Rinse your mouth daily with an antibacterial solution. Use an alcohol-free rinse if you have dry mouth.



Keep brushing, cleaning between your teeth, and rinsing daily even if your gums bleed.



Clean your tongue daily using a toothbrush or a tongue scraper.



Visit your oral health professional regularly and remember to tell them about any health conditions and medications you are taking.

Your dental hygienist cares about your oral and heart health.  
Now that's something to smile about!

Learn more about oral health at [dentalhygienecanada.ca](http://dentalhygienecanada.ca)

## Anatomy Class

**Human bodies are amazing vessels.  
Here are some of their special features.**

- ▶ Your tongue has a unique print, just like your fingerprints.
- ▶ Lips are about 100 times more sensitive than fingertips.
- ▶ You can't breathe and swallow at the same time.
- ▶ You produce enough saliva in a year to fill more than three bathtubs.
- ▶ Identical twins smell the same.
- ▶ One-quarter of your bones are in your feet.
- ▶ The liver can regenerate itself.
- ▶ Your sense of smell can distinguish up to a trillion different scents.
- ▶ Human bodies produce enough heat in 30 minutes to boil a half-gallon of water.
- ▶ Your intestines are constantly moving to help move food along.
- ▶ Stomach lining is replaced every three or four days to protect it from strong digestive acids.
- ▶ The body has 2.5 million sweat pores.
- ▶ Eyes tend to blink 20 times per minute.
- ▶ The smallest bone in the body is in the inner ear.
- ▶ The biggest joint in the body is the knee.
- ▶ Most people shed up to 35 kilograms of skin in their lifetime.



## June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Doctor	2	3 Doctor ND	4 Doctor Footcare	5 Doctor	6
7	8	9 Doctor	10 Doctor ND	11 Doctor Footcare	12 Doctor	13
14	15 Doctor	16	17 ND	18 Footcare	19 Respiratory	20
21	22 Office Closed	23 CST	24 Doctor ND	25 Doctor Footcare	26	27
28	29 Doctor CST	30 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](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

