

NEWSLETTER



SUMMER
EDITION
PELLCTEXELCTEN
AUGUST
2026

Photo credit Salmon Society website

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



Q'wemtsín
HEALTH SOCIETY

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Weytk my name is Tamara Narcisse, I am from Xaxl'ip (Fountain) First Nation, I am a mother of three beautiful children. I have lived and worked in the Tk'emlups te Secwepemc community for 12 years.

I have attended and graduated from the Office Administration Certificate program at Nicola Valley Institute of Technology in 2019.

I am the new Children's Oral Health Initiative (COHI) Aide/Receptionist, I am looking forward to this new role and to continue providing help within the community.



Office Closure

QHS and Skeetchestn Health Centre
will be closed on:

Monday, August 3rd
in observance of BC Day
We will re-open Tuesday, August 4th
for regular services

For more information
please call our office at:

250.314.6732

or email:

qhs@qwemtsin.org





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](https://www.qwemtsin.org)



Q'wemtsín
HEALTH SOCIETY



Re: Late Appointment Arrivals

To respect the time of our doctors and clients, appointments will be rescheduled if you arrive more than **5 minutes late**. This allows us to maintain our schedule and avoid delays for other clients.

To cancel or reschedule an appointment call :
250-314-6732

 qwemtsin.org





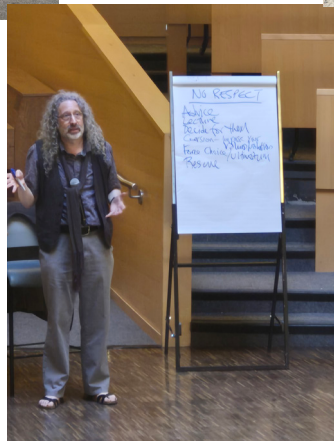
On July 9th, QHS hosted an exciting sports event for youth featuring floor hockey and basketball. Twelve enthusiastic participants enjoyed friendly basketball games and teamwork. Don't miss the next basketball camp in August.



This past month, QHS welcomed Registered Psychologist, Darien Thira, to share his teachings in Community Wellness.

For two days, staff and community members gathered at Thompson Rivers University, House of Learning, to participate in Dr. Thira's Community is Wellness workshop

where participants learned methods to shift their mental health focus from individual perspectives to that of the community as a whole, and how this outlook supports cultural connection and collective resilience.



We thank Dr. Thira and all who participated in this two day workshop for making it such a successful session!



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

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, August 7th

Located at QHS in the kitchen

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

Light refreshments and snacks

Registration is first come first serve for
sign up as spots are limited



Pre-register by email
lindsie@qwemtsin.org
or call 250-314-6732



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!

Friday, August 14th

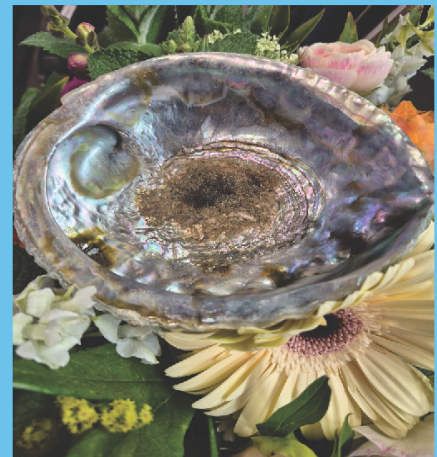
10:00 a.m. - 12:00 p.m.

Located at QHS.

All supplies are included.

Light refreshments and snacks.

Registration is based on a "first come first served" for sign up as spots are limited within our space.



Pre-register by email
lindsie@qwemtsin.org
or call
250-314-6732

 qwemtsin.org


Q'wemtsín
HEALTH SOCIETY

QHS • Workshop



Smudge Spray

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

Friday, August 21st

Located at QHS

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

Light refreshments and snacks

Registration is first come first serve for sign up, spots are limited



Pre-register by email
lindsie@qwemtsin.org
or call 250-314-6732



qwemtsin.org



Q'wemtsín
HEALTH SOCIETY

YOUTH BASKETBALL CAMP

JOIN US FOR AN EXCITING AFTERNOON OF
BASKETBALL AND FUN!

**Advance registration is preferred,
however registration will be available
at Sk'elep School at 1 pm on Thursday Aug. 20th.**

Ages 8-18

Snacks and drinks provided!

Open to all youth

AUG 20 | 1-4 PM



Where: Sk'elep School gym (365
Powwow Trail)

Don't miss out the action- see
you on the court!

Contact for registration:
Christine Mack: cmack@qwemtsin.org
or 250-314-6732 ext. 223



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

Date:
Fri. August 14th 2026
Time:
1:00 pm - 4:00 pm



Location:
Moccasin Square
Garden
(light snacks & 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. August 26th 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.***



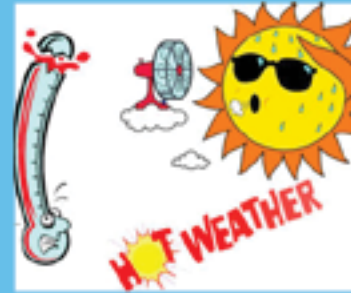
More Info:

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

QHS • Information

Did you Know?

Health Canada has a new heat wave danger zone for indoor temperatures!



Research indicates indoor temperatures between 26 °C-30 °C should be avoided especially overnight and multiple consecutive days. Health Canada recommends an upper indoor temperature limit of 26°C to protect adults aged 60 and over, those living with severe or multiple health conditions, and younger children from heat-related illness and death.

How to stay cool:

- Apply cool compress to either the back of your neck, armpits, hands and feet
- Visit public cool spaces
- Stay hydrated, drink water
- Use black out curtains, or exterior blinds to help keep the sun out of your living space
- Stay with friends or family during extreme heat waves

For information on cooling stations in Kamloops scan the link:



qwemtsin.org



Q'wemtsin
HEALTH SOCIETY

QHS • Information



Did you Know?

Wildfire smoke exposure can cause immediate irritation and aggravate existing health conditions!

Elders, young children, and pregnant people are most at risk during smokey conditions.

Mild Symptoms	Severe symptoms
• headaches • sore throat • itchy eyes • runny nose • Mild cough	• dizziness • wheezing • chest pain • asthma attacks • shortness of breath

If you are experiencing severe symptoms seek immediate medical care.

To check air quality in Kamloops scan the link:





WHAT IS CANCER SCREENING?

Cancer screening is the process of checking for cancer before a person has any signs or symptoms. Screening tests can help find cancer at an early stage, when it is often easier to treat and outcomes may be better.

Why it matters: Early detection can improve treatment options, increase the chances of successful treatment, and, for some cancers, reduce the risk of death from the disease. Regular screening is recommended for certain cancers based on a person's age, sex, and risk factors.

4 Screening Programs and How:

Breast Cancer: Mammogram

Cervical Cancer: HPV test (Human Papillomavirus)

Colon Cancer: FIT test (Fecal Immunochemical Test)

Lung Cancer: Low Dose CT scan



WHO IS ELIGIBLE FOR SCREENING



Breast Cancer Screening:

Women 40 and above

Every 2 years: 40 yrs and older every two years.

Every 1 year: (may be under 40)

- women with history of breast cancer in a first degree relative (parent, child, full sibling)
- women with 2 biological relatives on the same side of the family diagnosed with breast cancer before age 50
- women with a known pathogenic gene variant carrier or an untested family member of a known pathogenic gene variant.

If you are eligible: Call 250-828-4916 to book an appointment for a mammogram.

Not eligible for mammogram:

- have had breast cancer
- have breast implants
- currently have breast symptoms (lump, discharge, or pain)

Lung Screening:

Ages 55-74

If you meet both criteria

- 55-74 years of age
- Have a significant history of regular smoking commercial tobacco (cigarettes, cigars, etc) currently or in the past.

Call 1-877-717-5864 for the appropriate screening assessment *OR*

Speak to your Doctor or Nurse Practitioner.

Not eligible for screening:

- Have had lung cancer
- Currently under surveillance for lung nodules
- Major comorbidities such as chronic obstructive pulmonary disease (those using home oxygen or cannot climb two sets of stairs), congestive heart failure, renal failure or dialysis, other cancers or active treatment.
- Unable to lie flat and hold arms above head.

Cervical Cancer Screening:

With a Cervix Ages 25-69

Every 5 years: ages 25-69

69 and over: if have not had screening done in last 5 years.

Eligibility for in home kit:

- Due for screening
- Has ever had any sexual contact

Order an in-home kit: 1-877-702-6566 OR
<https://submit.healthcarebc.ca/bccancer/cervix-screening-kit> OR

Speak to your Doctor or Nurse Practitioner

Not eligible for screening:

- been recommended for a cotest (Cotest is HPV ad cytology testing done by PAP)
- Not pregnant
- No pessary (small devise providing support for pelvic organs, used for pelvic organ prolapse or urinary incontinence).
- No AIS ever (Adenocarcinoma in Situ: pre-cancerous condition of cervix).



Colon Cancer Screening:

Ages 50-74

Every 2 years: 50-74 years of age

- Done with FIT test – must be ordered by Doctor or Nurse Practitioner
- Do Not need FIT testing if have had a normal colonoscopy in last 10 years or have other recommendations from previous colon screening results.

If have Family/Personal history: Recommended Colonoscopy

- One first degree relative (parent, full sibling, child) diagnosed with colon cancer under the age of 60.
- Two or more relatives (one can be a grandparent, aunt, uncle, cousin, half sibling, niece, nephew) on the same side of family, one *must* be a first degree relative.
- A personal history of precancerous lesions

*For those with a family history, the first screening colonoscopy should be done at age 40 or 10 years younger than the age at which your youngest affected relative was diagnosed. (example: if your cousin was diagnosed with colon cancer at 45 years old, you should have a first colonoscopy at 35 years old). This affected person does not have to be a first relative.

All testing must be done through Doctor or Nurse Practitioner.

DO YOU HAVE QUESTIONS?

Contacts and Resources:

Breast Cancer Screening: 250-828-4916

Lung Cancer Screening: 1-877-717-5864

Cervical Cancer Screening: 1-877-702-6566

Colon Cancer Screening: Your Doctor or Nurse Practitioner



Q'wemtsin Health Society
250-314-6732

QHS • Information



Did you Know?

You can replace your expired or lost BC Medical Card!

Lost or stolen (non-photo) cards can be replaced
by calling Health Insurance BC
At 1-800-663-7100

The new card will be mailed to you within 3 weeks

You can still access prescription and Plan W items
without an actual card in hand by providing your
personal information to the pharmacist



To book an appointment
at ICBC scan the link:



[qwemtsin.org](https://www.qwemtsin.org)



Q'wemtsín
HEALTH SOCIETY



SECWPEMC “STETEX7EM SPLULKW” (ELDERS GATHERING)

**This event is an opportunity to
Honor the Love and Strength of
our Secwepemc Elders**

Save the Date

When:

October 2-4, 2026

Where:

**Coast Hotel,
Kamloops**

**Storytelling &
activities**

**Reconnect with
friends**

**Meals will be
provided**

**Dance Saturday
Night!**

To register: email
Morgan Christopher,
Traditional Wellness
Coordinator:

twc@ltmhs.org

Registration closes on
September 4, 2026
Call: 250.571.1000

60'S SCOOP SURVIVORS HEALING CEREMONY

**THIS IS WHERE MY HEART
BELONGS**

**Saturday:
October 10th, 2026**

Location:

**Tk'emlups to Secwepemc
Mocassin Square Garden and
Powwow Arbour**

Meals will be provided

**Cultural Activities (Rattle
Making/Drum
Making/Beading/Secwepemtsin
Bingo**

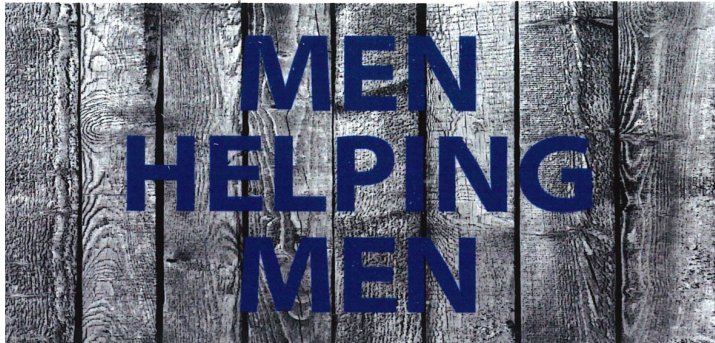
Round Dance



**TO REGISTER AND SEND COMPLETED FORMS:
CONTACT: TAHNEA ALPHONSE
Email: ea@ltmhs.org
Call: 250.571.1000**



Ph. 778-207-9244



WORKING SHOULDER TO SHOULDER

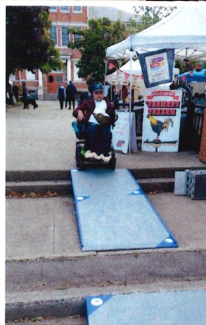


**MAKE
FRIENDS**



**SHARE
SKILLS**

**HELP
COMMUNITY**



www.kdms.org



Building Spaces and Connections for Men in Communities across BC.

What is a Men's Shed?

A Men's Shed is a space where men gather to work on projects that are fun and help out their community. In other words, it's guys getting together to create, to tinker, to drink coffee and tell stories.

What happens at a Men's Shed?

That's up to the men who join. Some Men's Sheds focus on woodworking, while others like to do bicycle repair, metal work, furniture restoration or cooking. It's whatever the local Men's Shed members decide.

**FOSTERING A
SUPPORTIVE COMMUNITY
WHERE MEN CAN ENGAGE
IN MEANINGFUL
PROJECTS, LEARN NEW
SKILLS AND COMBAT
ISOLATION. JOIN US NOW!**

To find out how to start a Men's Shed in your community contact the BC Men's Shed – president@bcmensshed.ca.



<https://www.facebook.com/menhelpingmen1/>

www.kdms.org



August 2026

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

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

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-uscisisline.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/indigenenoushealth/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	Urgent Primary Care and Learning Centre • (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
	Kinetic Energy Medical Clinic • (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
	Kleo's Pharmacy • (778)765-1444 • 90b-1967 Trans Canada Hwy E • Walk in Medical Clinic available in the pharmacy, access to Virtual Doctor
	Ashcroft Urgent and Primary Care Centre • (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	Avee Health (Online Dr.) • www.avee.health/booking
	Kipp-Mallery iMedicine Services -Landmark Location • (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	Northshore Pharmacy and Care Clinic • (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	Northshore Pharmacy and Care Clinic • (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 ***must be willing to switch to using their pharmacist***
	Enhanced Care Clinic (Go to Doctors.ca) • https://www.enhancedcare.ca/online-booking/ • Location/Services, click “Virtual/Phone Appointment by Godoctor.ca” and location “British Columbia” • virtual/phone appointments
	FNHA Dr of the Day – 1-855-344-3800 • 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
	TIA Virtual Health Clinic • Book online: Tiahealth.com • Virtual or Telephone appointments
	Virtual Physicians at Health Link • 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.
	Rocket Doctor • Virtual Services • Book online: https://rocketdoctor.ca/online-doctor-bc/ • Available 24 hours a day, 7 days a week
	VivaCare Telehealth • 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'wemtsín
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'wemtsín 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 Otopeniswak.....	250-554-9486

