



NEWSLETTER

Pesllwelsten

FALL
EDITION
OCTOBER
2026



Photo credit Dennis Kitto 2018

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



Q'wemtsín
HEALTH SOCIETY

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To ensure that we're providing quality care, QHS employees complete annual professional development. This past summer a few members of our team renewed their first aid and it was a great day of team building.

Honoring Kathrin Jules



After 19 years of service as a
Health Care Assistant

We are wishing you all the
best and a Happy Retirement

Message from Kathrin

"It has been a great pleasure and honour to serve the community by supporting community members in their homes, I learned something from each of them, it has been a colourful and rewarding experience. Kukwstsetsemc"

Kathrin

QHS • Presentation



Neurodecolonization and Indigenous Mindfulness

Neurodecolonization involves combining mindfulness approaches with traditional and contemporary secular and sacred contemplative practices to replace negative patterns of thought, emotion and behavior with healthy, productive ones.

When: Thursday, October 1st

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

Location: Delta Hotel, 540 Victoria Street

Advance registration is required as space is limited.

Parking is free. Participants must register their license plate with the hotel's front desk upon arrival.

Swag, door prizes and lunch provided!



Dr. Michael Yellow Bird



To pre-register contact
Lindsie at :
(250)-314-6732 or
email
lindsie@qwemtsin.org



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



Q'wemtsín
HEALTH SOCIETY



Office Closure

QHS and Skeetchestn Health Centre
will be closed on:

Thursday, October 1st for all staff
to participate in and support the
delivery of Dr Michael Yellow Bird's
Neurodecolonization and Indigenous
Mindfulness Presentation.

We will Re-open Friday, September 2nd
for regular services

For more information
please call our office at:

250.314.6732

or email:

qhs@qwemtsin.org

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





IMPORTANT ANNOUNCEMENT

New Email for Patient Communications

Q'wemtsín Health Society

To help us serve our patients more efficiently, we have updated our contact process for appointment requests and patient-related communications.

Please Use the Following Email for All Patient Communications:

moa@qwemtsin.org

This includes:

- Appointment requests
- Forms and documentation
- Referrals
- General patient inquiries
- Follow-up communications

Using our shared MOA inbox helps ensure that messages are received promptly and directed to the appropriate team member, even when individual staff members are unavailable.



Did You Know?

Sending your emails to **moa@qwemtsin.org** helps us:

- Reduce response delays
- Ensure continuity of care
- Prevent missed messages when staff are away
- Provide more timely support for patients and families

What This Means for You

- Update your contact list and ensure you use **moa@qwemtsin.org** for all future patient communications
- Avoid sending patient-related emails to individual staff email addresses whenever possible

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Thank you for your cooperation and for helping us provide timely and efficient patient care.

For all general inquiries that are not related to patient care, please contact our admin team at qhs@qwemtsin.org

QHS is thrilled to announce the completion of our new outdoor waiting area!!!!



QHS • Information



Did you Know?

BC Paramcists can now prescribe medications
for 21 common ailments and contraceptions



For more
information email
or call Lisa at:
(250)-314-6732
lisa@qwemtsin.org
or contact your
local pharmacist

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



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Fall Into Fibre

As the weather gets cooler, October is a great time to enjoy warm, nourishing foods that can also support blood sugar management.

This month, try adding more fibre-rich foods to your meals and snacks.

Foods such as oats, beans, lentils, whole grains, vegetables, berries, apples and squash provide fibre.

Fibre helps slow digestion, which can help blood sugar rise more gradually after eating.

It can also help you feel satisfied longer and support heart and digestive health.

Traditional foods such as berries, vegetables, beans and other plant foods can also be wonderful sources of fibre when available.

Small step, big impact:

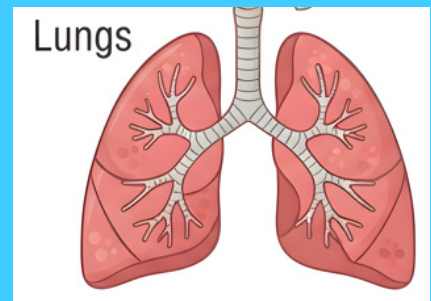
Try adding one extra fibre-rich food each day

- add berries to oatmeal,
- beans to soup,
- vegetables to supper,
- or choose a piece of fruit for a snack.

Remember to increase fibre gradually and drink enough water as you do.



Respiratory Therapy Week October 25th - 31st



The Importance of Lung Health

Lungs are essential organs that oxygenate the blood and remove carbon dioxide, playing a critical role in overall well-being. During Healthy Lung Month, it is important to recognize conditions such as asthma, chronic obstructive pulmonary disease (COPD), and lung cancer, which can significantly affect quality of life.

Monitoring warning signs and adopting preventive measures are vital steps to protect and maintain optimal respiratory health.

Tips for Healthy Lungs	Signs of Lung Trouble
• Avoid Smoking and secondhand smoke • Stay active • Protect against pollutants • Practice breathing exercises	• Persistent cough • Shortness of breath • Wheezing • Chest Pain • Fatigue

For more
information
or to book and
appointment call
(250)-314-6732



Q'wemtsín
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QHS • Notice



Sign Your Child For Up the 2026 - 2027 COHI Year and Be Entered Into a Draw

***For a chance to win
an Oral-B power
toothbrush !***



For More Information
Contact Crystal
at
250-314-6732

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



Naturopathic Medicine

Naturopathic Medicine is about finding and addressing the root cause of your health issues. Through diet and nutrition, as well as the use of herbs and supplements, your path to wellness can be obtained. Naturopathic Physicians work as teachers to educate you on how your body works and what is needed to heal.

Naturopathic Doctors can help with the following:

- Accupuncture Treatments
- Injections - Vitamin B complex, Vitamin B-12, Myers Cocktail
- Intravenous Therapy
- Nutritional Support

For more
information
or to book an
appointment with
the Naturopath call
(250)-314-6732



5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

when you see your doctor, nurse, or pharmacist.

1. CHANGES?

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

2. CONTINUE?

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

3. PROPER USE?

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

4. MONITOR?

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

5. FOLLOW-UP?

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



Keep your medication record up to date.

Remember to include:

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

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

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Visit safemedicationuse.ca for more information.

Canadian Society of Hospital Pharmacists



Société canadienne des pharmaciens d'hôpitaux



CANADIAN PHARMACISTS ASSOCIATION

ASSOCIATION DES PHARMACIENS DU CANADA

SafeMedicationUse.ca



THERE'S NO TRICK TO STAYING SAFE ON HALLOWEEN



DRIVERS PAY ATTENTION

Focus on the road and not the costumes and decorated homes.

BE AWARE

Watch for cars while crossing the street to get to the cool house.

BE ALERT

Children are active on Halloween and move in unpredictable ways.

SECURE PETS

Keep your pets inside or walk them on a leash.

PLAN AHEAD

Plan for a safe ride home.

BE SEEN

Add GloSticks or reflective tape to costumes.

WALK ON SIDEWALKS

If there are no sidewalks, walk facing traffic as far to the side as possible.

Sources: diad.tiff.ca
tiff.ca

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OCT
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National Seniors Day

Let's thank older adults



#NationalSeniorsDay

seniors first BC

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Canada



Breast Feeding: Reclaiming our Tradition

Breastmilk flows
*"through our ancestors and
to our future generations."*

Breastmilk is the first
traditional food.



First Nations Health Authority
Health through wellness

Does your loved one or someone you know have dementia?

October 6th, 2026

Through the AlzheimerSociety BC & Yukon you can join an Online workshop - Understanding and adapting to communication changes along the dementia journey.



A person's ability to communicate will change over the course of the dementia journey. Learn how different types of dementia affect communication and discuss strategies for adapting to and coping with these changes.



Scan the link to register

or go to:

<https://alzheimerbc-org.zoom.us/meeting/register/oES131MtRAGHpXBfSc-63A#/registration>



UBC Learning Circle

First Nations Health Authority
Health through wellness

UBC THE UNIVERSITY OF BRITISH COLUMBIA
Centre for Excellence in Indigenous Health

FNHA Health Benefits 101

Featuring guest speaker: Angel Miness

October 15th, 2026 | 10am - 11:30am PST

Free online webinar via Zoom

Register online at: www.learningcircle.ubc.ca



This webinar provides an overview of the FNHA Health Benefits program, including eligibility, available benefits, coverage, and how to access services. Participants will gain a better understanding of the program and will have the opportunity to ask questions directly to the Vancouver Coastal Region's Community Relations Representative for Health Benefits.



Scan the code to register
or online at:
www.learningcircle.ubc.ca



October 2026

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

Legened:

SIB - Purple / QHS - Blue / WPCIB - Green

NPD - Naturopath Doctor / CST - Craniosacral Therapy



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/indigenoushealth/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



Q'wemtsin
HEALTH SOCIETY

Resource Numbers

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
CRCL Kamloops.....	Call/Text 778-470-2725

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
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.....	250-374-4634
Raven Program.....	250-374-4634
Sage Health Centre.....	250-374-6551
Smokers Health Line.....	1-877-513-5333
	Text 123456

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 Primary 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)

Deb Donald.....	1-877-288-5688
Liimichif Otopeniswak.....	250-554-9486

