



February 6, 2026

Wellness Canoe

EMPOWERING OUR COMMUNITY, ONE PADDLE AT A TIME.



WELCOME TO OUR

Wellness Newsletter



Stay Safe, Keep Our Community Safe!

If you're feeling unwell, please refrain from entering our Health and Community Centre unless you have an appointment with our Nurse or Doctor.

To protect our vulnerable members, staff, and outside community guests, including nurses, clinicians, and facilitators, we kindly ask that you wear a mask if you are experiencing cold, flu, or any other illness symptoms. Thank you for your cooperation and understanding!



In this newsletter you will find:

Latest health information, educational health workshops, clinics, health programming and more. Keep Reading!

NURSE PRACTITIONER



Nicole Ong

Hey there!

To book an appointment with Nicole

Call Jennifer at the Health and Community Centre, and she can let you know available date and times to book your appointment!
604-465-8921 ext 422

About Nicole

I am a newly graduated nurse practitioner (NP) from the University of Northern BC's Family NP program.

I am a 4th generation Singaporean-Chinese who moved to the Lower Mainland almost 20 years ago. Prior to becoming an NP, I was a chemotherapy nurse at the BC Cancer Agency, and a rheumatology nurse at a Vancouver clinic.

Presently, I live on the unceded, traditional lands of the Kwikwetlem, Tsleil-Waututh, Musqueam, Squamish, Katzie, Kwantlen, Qayqayt, and Sto:lo Peoples in the city of Port Moody, with my 8-month-old Cavapoo puppy. In my free time, I enjoy walking my dog, taking him on hikes, playing pickleball, and occasionally sparing for a local curling team.

I believe that building trusting relationships with my clients is the cornerstone of safe and competent primary care. I am deeply committed to patient education, upholding informed consent, and promoting my patient's agency and autonomy in their health decisions. I look forward to meeting my new clients in the Kwikwetlem and Katzie Nations and supporting their care!



Join us at our Hearing Health Check Day!

Katzie Health and Community Centre

Thursday February 26, 9:30-3:00
Large Wellness Room

- ✓ FREE on-site hearing tests
- ✓ State of the art technology
- ✓ Professional at-site after-care included
- ✓ Competitive pricing & acceptance of most third-party insurance plans
- ✓ FREE clean & check of existing devices



Spots fill up fast! Call Sonise today to secure yours!



(604) 465-8921
earstoyou.ca

Head office: 604-360-4079

Cold and Flu Season Reminder:

COVID-19 Guidelines

As we move through cold and flu season, COVID-19 is still present in our communities. Here are some important reminders based on current BCCDC and PHO guidelines:



Isolation is no longer legally required in BC, but if you test positive or have symptoms, it's strongly recommended you stay home until you feel well and your fever is gone without medication.



No need to re-test before returning to activities—tests can remain positive for weeks even after you're no longer infectious.



For most people, you're considered unlikely to be contagious once symptoms have improved and you've been fever-free for **24 hours**.



Immunocompromised or severe cases may remain infectious longer (up to 20 days), so extra caution is advised.



If you must be around others before fully recovering, **wear a mask and practice good hand hygiene**.



Vaccination and boosters are strongly recommended for those over 65 or immunocompromised, as protection decreases over time.

Quick Tips

- **Mild cases** are usually not contagious after about 10 days from symptom onset
- **Severe or immunocompromised cases** may be contagious for up to 3 weeks.

Please stay home if you're unwell and help reduce the spread of all illnesses this season

While the risk of severe illness has decreased thanks to community immunity, **significant risk remains for immunocompromised individuals**. Let's all do our part to protect those who need it most.

If you have questions about your symptoms, contact your healthcare provider.



PRIMARY CARE CLINIC

Please Note: Dr Marco will be away from
February 3rd to February 22nd.

If you need to speak with a doctor or a
Registered Nurse Practitioner, please
contact the MOA at 604-465-8921. Or see
the Medical Service Flyer on the next
page and book a phone appointment
threw the Katzie Pharmacy Doctors.



Services Provided through the FNHA team:

- Traditional Healing and Wellness
- Mental Health Counselling
- Nursing Services
- Family practice physicians
- Social Work
- Elder Support
- Harm reduction support



Katzie Pharmacy

MEDICAL SERVICE

YOUR HEALTH, OUR PRIORITY !

Katzie Pharmacy has partnered with Avee Doctors to offer phone call appointments! Booking an appointment is easy:

How to Book:

1. Visit Katzie Pharmacy:

You can stop by Katzie Pharmacy, and they'll help you book your appointment with Avee Doctors.

Things You'll Need:

- Your full name
- Your cell phone number
- A preferred time to receive the call



2. Self-Booking:

If you prefer, you can scan the QR code on the right to book your appointment on your own.

The system will show you the first available time slot.

- Click on that time
- enter your cell number, and
- you'll receive a text confirmation.
- Follow the prompts to complete your appointment setup.



Barnston Island Nurse onsite

Fraser Health Nurse Catalina will be visiting Tetoten Wellness Centre on Barnston island to provide nursing services to the Community.

Every Wednesday

Time: 9:00am – 3:30pm

Place: Tetoten Wellness Centre,
Barnston Island

Community member's are welcome to stop by during these hours for nursing care and support

If you would like to pre-book an appointment please call Jennifer MOA at 604-465-8921 ext 422





Naturopath Clinic

Naturopathic Medicine: A Holistic Health Approach

Naturopathic medicine embraces a holistic perspective on health, prioritizing the treatment of the entire individual; mind, body, and spirit. Practitioners utilize natural therapies, lifestyle advice, and preventive care to promote long-term wellness and facilitate the body's inherent ability to heal itself.

Every Friday

9:30 am - 3:00 pm

**Katzie Health and
Community Centre**

Benefits of seeing Naturopath

- Digestive health support
- Stress management & mental wellness
- Hormone balance
- Chronic pain & inflammation support
- Nutrition and lifestyle guidance
- Improved sleep and energy
- Prevention-focused care
- Personalized treatment plans

to Book your Appointment

Phone Number 604-465-8921





Light Strength & Conditioning Training

A gentle, accessible class designed to build functional strength, improve mobility, and support overall wellness. Perfect for beginners, Elders, or anyone looking to stay active with safe, low-impact movement.

New Participants:

If you are attending Tammy's fitness classes for the first time, please arrive 10 minutes early to fill out a participant waiver.

This will also give everyone a chance to communicate any injuries or personal goals with her.

Tuesday 6:30 PM - 7:30 PM

Saturday 10:00 AM - 11:00 AM

* Please Note: times may vary depending on gym rentals/programs and emergencies

Katzie Health and Community Centre in the Gymnasium

19700A Salish Road, Pitt Meadows

Don't forget to pack the following items:

- Towel
- Water



Free for all Katzie Members



Chance to win

Every Class all participants will have a chance to win a \$50 SportChek giftcard.

February



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31	01 10:00 am Training with Tammy in the Gym.
02 9:00am to 3:30pm Natalie from Fraser Health Youth Counselling 9:00am to 2:15pm SASET-ᑭᓄᓐᓴᓐ Aboriginal Skills & Employment Training	03 •Chinese Medicine with Karyn 9:30 am to 3:00pm •Training with Tammy in the Gym. 6:30pm to 7:30pm	04 • Ivy- Yibin Huang, FH Counsellor • Elder True 8:30am to 4:30pm • Roni from Legal Aid 10:00am to 11:00 Maple Ridge Community Connection 1:30pm to 3:30pm	05	06 10:00am to 2:00pm Naturopath	07	08 10:00 am Training with Tammy in the Gym.
09 Mental Health Clinician David Kuzan 9:00am to 3:00pm Natalie from Fraser Health Youth Counselling 9:00am to 3:30pm SASET-ᑭᓄᓐᓴᓐ Aboriginal Skills & Employment Training 9:00am to 2:15pm	10 Katie Elections All Candidates meeting 6:00pm to 8:00pm	11 •Mental Health Clinician David Kuzan 9:00am to 3:00pm • Ivy- Yibin Huang, FH Counsellor • Elder True 8:30am to 4:30pm • Roni from Legal Aid 10:00am to 11:00	12 Reiki with Rachelle 9:00am to 2:00pm Training with Tammy in the Gym. 6:30 pm to 7:30 pm	13 10:00am to 2:00pm Naturopath	14	15 10:00 am Training with Tammy in the Gym.
16 Health Centre Closed for Family Day	17 Katie Elections Day In Gymnasium 8:00am to 8:00pm •Chinese Medicine with Karyn 9:30 am to 3:00pm	18 •Mental Health Clinician David Kuzan 9:00am to 3:00pm • Ivy- Yibin Huang, FH Counsellor • Elder True 8:30am to 4:30pm • Roni from Legal Aid 10:00am to 11:00 Healthy Heart Information FNHA 11:00 am to 1:00pm Training with Tammy in the Gym. 6:30 pm to 7:30 pm	19	20 10:00am to 2:00pm Naturopath	21	22 10:00 am Training with Tammy in the Gym.
23 Mental Health Clinician David Kuzan 9:00am to 3:00pm Natalie from Fraser Health Youth Counselling 9:00am to 3:30pm SASET-ᑭᓄᓐᓴᓐ Aboriginal Skills & Employment Training 9:00am to 2:15pm	24 Training with Tammy in the Gym. 6:30 pm to 7:30 pm	25 • Dr. Marco 9:30am to 2:30pm •Mental Health Clinician David Kuzan 9:00am to 3:00pm • Ivy- Yibin Huang, FH Counsellor • Elder True 8:30am to 4:30pm • Roni from Legal Aid 10:00am to 11:00	26 Hearing Testing "Ears to you" 9:00am to 3:00pm	27 10:00am to 2:00pm Naturopath	28	01

Notes :

For additional information or to schedule an appointment, please call the front desk at **604-465-8921**.

In the event of any provider cancellations, updates will be shared on our Facebook and social media platforms.

Katzie Pharmacy



Medical Equipment Process

Need Crutches or Emergency Medical Supplies? For any injury that prevents you from walking, a doctor must assess your condition. If crutches are needed, the doctor will provide a prescription, which will allow the items to be covered by insurance.

Crutches:

- Insurance coverage available
- Prescription required

Other Medical Equipment Available:

- Knee Scooters
- Wheelchairs
- And more!

Coverage Assistance:

- Contact Jennifer Prince to book an appointment with Catalina to help with obtaining the necessary documentation.
- Coverage can be provided through FNHA (First Nations Health Authority).

Hours

Monday	9:00am - 4:00pm
Tuesday	9:00am - 4:00pm
Wednesday	9:00am - 4:00pm
Thursday	9:00am - 4:00pm
Friday	9:00am - 4:00pm
Saturday	9:00am - 9:30am

Available Vaccinations:

- Shingles [available for First Nation clients ages 60 - 70]
- Pneumonia [recommended every 5 years for high-risk clients]
- Tetanus
- HPV
- Hepatitis A/B
- Abrysvo vaccination [recommended for pregnant individuals between 32-36 weeks]
- MMR vaccine
- Boostrix or Adacel (Tdap) [recommended for pregnant women]
- Flu shots
- COVID-19 mRNA vaccines [Pfizer & Moderna, new generation]

Other vaccinations may be available if patients have medical insurance, a doctor's recommendation, or specific clinical needs

COVID Tests and Naloxone Kits also available. Cold and Flu kits also available

Services Offered:

- Specialized Services
- Medical Equipment
- Patient Management
- Prescription Reminder
- Free Delivery
- and more

Walk in

No appointment needed

Community Resources

Find information about the various support services available within our community. Whether you need assistance with mental health, addiction, or general healthcare, this section will guide you towards the resources you need.

Need a Doctor?

Virtual Doctor of the Day through FNHA
1-855-344-3800
7 Days a week | 8:30am - 4:30pm

Need a Nurse?

Katzie Community Health Nurse
Office: 604-465-8921 ext 422

Help with Mental Wellness?

For mental health support and to book an appointment with a Counsellor or Cultural Healer, please refer to the next page for a list of service providers and their contact information

Naturopath Clinics:

Fridays from 9:30 AM to 3:00 PM

Naturopathic physicians frequently excel in treating chronic conditions that may not respond well to conventional medicine. These conditions include, but are not limited to, diabetes, high blood pressure, fatigue, pain, sleep issues, and digestive disorders.

To schedule your appointment, please contact Sonise. Phone: 604-465-8921 ext 101

Medical Transportation Rides Schedule

Here are the available times for Medical Transportation Rides:

- ****Local Appointments****
 - (Pitt Meadows, Coquitlam, Maple Ridge)
 - Monday to Friday: 9:30 AM - 12:30 PM
- ****Appointments Further Away****
 - Monday to Friday: 10:00 AM - 11:30 AM
 - ***Note: Exceptions are made for Specialist Appointments Only***

Eligible appointments include those for Family Doctor, Vision Care, Dental, Physiotherapy, and Medical Labs. Please note that medical rides are available exclusively for Katzie Members who do not have a functioning vehicle at home and require transportation to their medical appointments.

When booking, be prepared to provide your status number and date of birth if necessary.

Additionally, bus tickets are available for medical appointments.

Please ensure to book Medical Transportation at least 24 hours in advance. For further information, contact the Health Department at (604) 465-8921 or visit the Front Desk at the KHCC.

Legal Aid | Roni

Wednesdays from 10am—11am

Drop in, or book an appointment via email
rmagnusson@mrpmcs.ca

A legal aid community partner offers free or low-cost legal services to individuals unable to afford traditional representation.

Services include legal advice, representation, educational resources, and referrals, empowering vulnerable populations to navigate legal challenges and protect their rights.



If you have any questions about these services you can contact MOA Reception at 604-465-8921 or sonise@katzie.ca

COUNSELLING SERVICE

A counseling service is a professional support service that provides emotional and mental health support to individuals who are facing personal challenges or difficulties.

Our Counsellors:

- Siobhan Avery, Counsellor
 - Savery7@outlook.com
 - 778-791-1763
- Dan Kim, Counsellor
 - dan.avantcounselling@gmail.com
- Natalie Loi, Counsellor
 - requires referral from Family Doctor
- Alysha Khakh
 - alysha@katzie.ca
 - 604-454-7397
- (Ivy) Yibin Huang
 - 604-465-8921 ext 422

Our Cultural Advisors:

- Damian George
 - damian@katzie.ca
- True Thomas
 - 604-465-8921 ext 422



Health Services

Contact the front desk at 604-465-8921 to book for the following services.



Nurses Clinic [by Appointment]

Monday - Friday

8:30am - 4:30am

Need to see a nurse? Whether you have questions, need advice, or require a quick check-in, our dedicated nurses are ready to assist you.

To book an appointment call Katzie Health and Community Centre: 604-465-8921 ext 422

Services Offered

- General Health assessments
- Blood pressure checks
- Minor wound care
- Medication management such as reviews
- Health education and counselling
- Referrals to other healthcare professionals if necessary

Benefits

- Quick and easy access to culturally safe healthcare services
- Confidential and respectful environment
- Expert guidance from our experienced nurses
- Peace of mind knowing your health concerns are addressed promptly

Foot Care Services

Available for Elders, Diabetics, and Vulnerable Members

If you have trouble reaching your feet and need foot care services, we are here to help!



To book an appointment or for more information, please call the Health & Community Centre.

Take care of your feet, your health depends on it!

The importance of making your appointments and keeping them



The relationship between you and your Health Care professional is crucial for the success of your treatment and overall wellness. Making and Keeping appointments reflects your respect for others and shows that you value their time. Consistently attending scheduled sessions lay the groundwork for the essential, and sometimes challenging, work involved in your treatment.

If you need to cancel an appointment, please inform us as soon as possible by calling 604-465-8921. This allows us to offer your time slot to another person in need.

We must be considerate of our practitioners' schedules and their time in the community. If missed appointments become a regular issue, we will need to discuss the situation further, as we incur costs for the service even if you do not attend.

The Healthcare Team

Mental Health Supports

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

Metis Crisis Line

is a service of Metis Nation British Columbia
Phone: 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

Hotline 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: 250-996-5024
Email: nakazdli.elders@outlook.com

Carrier Sekani Family Services

provides health and cultural supports.
Phone: 250-567-2900
Email: slarocque@csfs.org

Gitanmaax Health Gitxsan Health Society

provides health and cultural supports. Phone: 250-842-6320 or
Email: healthdirector@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 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 (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 or Email: tbaskin@anspayaxwhealth.ca

Nuu Chah Nulth Tribal Council

provides health and cultural supports
Phone: 250-724-3939 or Email: sanne.vanvlerken@nuuchahnulth.org

Okanagan National Alliance

provides health and cultural supports.
Phone: 250-826-7844
Email: Wellness.Manager@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: (toll-free): 1-888-403-3123
Website: www.tsowtunlelum.org

Mental Health Supports cont.

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

North Fraser Indigenous Child and Youth Mental Health (ICYMH) Community-based teams offer free mental health and emotional wellness outreach counselling for children and youth aged 0-19
Call or Text Roger: 604-816-5580
Email roger.ekman@gov.bc.ca to access

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.fraserhealth.ca/health-topics-a-to-z/indigenous-health/indigenous-mental-health-and-wellness>

Interior Health

Phone: 310-MHSU (6478)

Website:

<https://www.interiorhealth.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.northernhealth.ca/services/mental-health-substance-use/get-help-now>

Vancouver Coastal

Phone: 8-1-1

Website:

<https://www.vch.ca/en/health-topics/mental-health-substance-use>

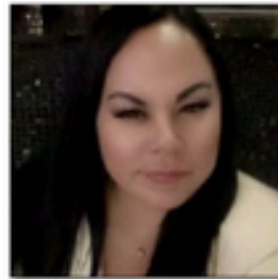
Leadership:



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Chief Administrative
Officer
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Kimberly
Armour
Director of Territorial
Guardianship and Referrals
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Acting Director of Health
Services
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Director of Finance
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Health and Community Centre: 19700a Salish Road | 604-465-8921

101	Sonise Kittlitz	MOA Reception	sonise@katzie.ca
103	Barbara Larsen	Health Services Executive Assistant	healthservicesea@katzie.ca
116	Alysha Khakh	Clinical Social Worker	alysha@katzie.ca
420	Allison Carcamo	Mental Health and Substance Use Coordinator	allison@katzie.ca
422	Jennifer Prince	Fraser Health MOA	jennifer.prince2@fraserhealth.ca
427	Damian George	Traditional Healing & Support Worker	damian@katzie.ca

Band Office
Ph: 604-465-8961

Katzie Health and
Community Centre
Ph: 604-465-8921

Pharmacy
Ph: 604-457-1030

Katzie Dev Corp
Ph: 604-460-8837

Early Years Centre
Ph: 604-458-0045