



January 30, 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!



## 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 3<sup>rd</sup> to February 22<sup>nd</sup>.

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.





# 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**





# FITNESS CLASSES



## 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.

**Every Wednesday in January!**  
**6pm-9pm**

**Drop In for Coffee, Snacks & say Hi to  
our newest Support Worker- Justin**



*'I am here to connect, listen, talk and support where I can.  
I believe that Men can work together to help Men be  
stronger and healthier Men.'*

**[justinmenshealth@gmail.com](mailto:justinmenshealth@gmail.com)**

# February



| MONDAY                                                                                                                                                                                                                | TUESDAY                                                                                                              | WEDNESDAY                                                                                                                                                                                                                                                                                             | THURSDAY                                                                                                   | FRIDAY                                | SATURDAY | SUNDAY                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|---------------------------------------|----------|------------------------------------------------|
| 26                                                                                                                                                                                                                    | 27                                                                                                                   | 28                                                                                                                                                                                                                                                                                                    | 29                                                                                                         | 30                                    | 31       | 01<br>10:00 am Training with Tammy in the Gym. |
| 02<br>9:00am to 3:30pm<br>Natalie from Fraser Health Youth Counselling<br>9:00am to 2:15pm<br>SASET-5td:1d Aboriginal Skills & Employment Training                                                                    | 03<br>•Chinese Medicine with Karyn<br>9:30 am to 3:00pm<br>•Training with Tammy in the Gym.<br>6:30pm to 7:30pm      | 04<br>• Ivy- Yibin Huang, FH Counsellor<br>• Elder True<br>8:30am to 4:30pm<br>• Roni from Legal Aid<br>10:00am to 11:00<br>Maple Ridge Community Connection<br>1:30pm to 3:30pm                                                                                                                      | 05                                                                                                         | 06<br>10:00am to 2:00pm<br>Naturopath | 07       | 08<br>10:00 am Training with Tammy in the Gym. |
| 09<br>Mental Health Clinician David Kuzan<br>9:00am to 3:00pm<br><br>Natalie from Fraser Health Youth Counselling<br>9:00am to 3:30pm<br><br>SASET-5td:1d Aboriginal Skills & Employment Training<br>9:00am to 2:15pm | 10<br>Katzie Elections All Candidates meeting<br>6:00pm to 8:00pm                                                    | 11<br>•Mental Health Clinician David Kuzan<br>9:00am to 3:00pm<br><br>• Ivy- Yibin Huang, FH Counsellor<br>• Elder True<br>8:30am to 4:30pm<br>• Roni from Legal Aid<br>10:00am to 11:00                                                                                                              | 12<br>Reiki with Rachelle<br>9:00am to 2:00pm<br><br>Training with Tammy in the Gym.<br>6:30 pm to 7:30 pm | 13<br>10:00am to 2:00pm<br>Naturopath | 14       | 15<br>10:00 am Training with Tammy in the Gym. |
| 16<br>Health Centre Closed for Family Day                                                                                                                                                                             | 17<br>Katzie Elections Day In Gymnasium<br>8:00am to 8:00pm<br><br>•Chinese Medicine with Karyn<br>9:30 am to 3:00pm | 18<br>•Mental Health Clinician David Kuzan<br>9:00am to 3:00pm<br>• Ivy- Yibin Huang, FH Counsellor<br>• Elder True<br>8:30am to 4:30pm<br>• Roni from Legal Aid<br>10:00am to 11:00<br>Healthy Heart Information FNHA<br>11:00 am to 1:00pm<br>Training with Tammy in the Gym.<br>6:30 pm to 7:30 pm | 19                                                                                                         | 20<br>10:00am to 2:00pm<br>Naturopath | 21       | 22<br>10:00 am Training with Tammy in the Gym. |
| 23<br>Mental Health Clinician David Kuzan<br>9:00am to 3:00pm<br><br>Natalie from Fraser Health Youth Counselling<br>9:00am to 3:30pm<br><br>SASET-5td:1d Aboriginal Skills & Employment Training<br>9:00am to 2:15pm | 24<br>Training with Tammy in the Gym.<br>6:30 pm to 7:30 pm                                                          | 25<br>• Dr. Marco<br>9:30am to 2:30pm<br>•Mental Health Clinician David Kuzan<br>9:00am to 3:00pm<br>• Ivy- Yibin Huang, FH Counsellor<br>• Elder True<br>8:30am to 4:30pm<br>• Roni from Legal Aid<br>10:00am to 11:00                                                                               | 26<br>Hearing Testing "Ears to you"<br>9:00am to 3:00pm                                                    | 27<br>10:00am to 2:00pm<br>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

|                  |                 |
|------------------|-----------------|
| <b>Monday</b>    | 9:00am - 4:00pm |
| <b>Tuesday</b>   | 9:00am - 4:00pm |
| <b>Wednesday</b> | 9:00am - 4:00pm |
| <b>Thursday</b>  | 9:00am - 4:00pm |
| <b>Friday</b>    | 9:00am - 4:00pm |
| <b>Saturday</b>  | 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](mailto: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](mailto: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](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)

### 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](mailto: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](mailto:nakazdli.elders@outlook.com)

### Carrier Sekani Family Services

provides health and cultural supports.  
Phone: 250-567-2900  
Email: [slarocque@csfs.org](mailto:slarocque@csfs.org)

### Gitanmaax Health Gitxsan Health Society

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

### Nuu Chah Nulth Tribal Council

provides health and cultural supports  
Phone: 250-724-3939 or Email: [sanne.vanvlerken@nuuchahnulth.org](mailto:sanne.vanvlerken@nuuchahnulth.org)

### Okanagan National Alliance

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

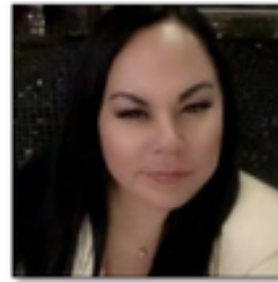
## Leadership:



**Grace  
George**  
Chief  
grace@katzie.ca



**Rick  
Bailey**  
Council  
rick@katzie.ca



**Lisa  
Adams**  
Council  
lisa@katzie.ca



**David  
Kenworthy**  
Council  
david@katzie.ca

## CAO & Directors:

**Stacey  
Goulding**  
Chief Administrative  
Officer  
stacey@katzie.ca

**Kimberly  
Armour**  
Director of Territorial  
Guardianship and Referrals  
kimberly@katzie.ca

**Grace  
George**  
Acting Director of Health  
Services  
grace@katzie.ca

**Allison  
Carcamo**  
Acting Director of Health  
Services  
allison@katzie.ca

**Imelda  
Manthovani**  
Director of Finance  
imelda@katzie.ca

## Health and Community Centre:

|     |                 |                                                |                                  |
|-----|-----------------|------------------------------------------------|----------------------------------|
| 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                 |
| 426 | Donna Leon      | Human & Social Services Manager                | donnaleon@katzie.ca              |
| 407 | Cameron Bailey  | Income Assistance/Program Assistant            | cameron@katzie.ca                |
| 426 | Sarah Hildner   | Training and Admin Assistant                   | training@katzie.ca               |
| 111 | Meghan Florence | Youth Engagement & Education Coordinator       | meghan@katzie.ca                 |
| 109 | Victor Florence | Youth Lead                                     | victor@katzie.ca                 |
|     | Taylor-Bree     | Youth Coordinator                              | Taylor-bree@katzie.ca            |
| 114 | Rosie Leon      | Elders Traditional Kitchen & Event Coordinator | rleon@katzie.ca                  |
| 114 | Bruce Leon      | Elders Support Worker                          | bruce@katzie.ca                  |
|     | Paula James     | Language Planner                               | languageplanner@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