



July 4, 2025

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!

Protect Yourself & Your Community: Catch Up on Measles Vaccines

From Dr. Celeste Loewe, FNHA Medical Officer & Brittany Deeter, RN, FNHA Director of Communicable Disease.

Many people missed routine vaccinations during the COVID-19 pandemic. As a result, measles is making a comeback in BC—a disease once eliminated in Canada.

Why Measles Matters

Measles is highly contagious and can cause serious complications like:

- Pneumonia
- Brain inflammation
- Hearing loss
- Even death

Who's Most at Risk?

- Unvaccinated individuals
- Babies under 12 months
- People with weakened immune systems
- Pregnant individuals

What You Can Do

- ✓ Get vaccinated – it's free and safe.
- ✓ Check your immunization status – especially if you were born after 1970. Two doses are needed.
- ✓ Contact your community health nurse, public health unit, or local pharmacy.

Know the Symptoms

Fever, cough, runny nose, red eyes, then a rash starting on the face and spreading. If you think you have measles, call ahead before visiting a clinic—it spreads easily through the air.

Let's work together to keep our communities safe. Visit [FNHA.ca](https://fnha.ca), [HealthLink BC](https://healthlinkbc.ca), or the [BCCDC](https://bccdc.ca) website for more info.

MEASLES

What you need to know

Measles is a highly contagious virus that can be very serious.
Vaccination is the most effective way to prevent transmission and illness.

Symptoms

Rash



Cough



Red,
watery eyes



Runny nose



High fever



Other symptoms may include ear infections, lung infections or diarrhea

In severe cases, measles can be fatal

- Measles spreads when someone who has measles coughs or sneezes.
- It can also stay in the air and on things like tables or toys for a long time. 90 percent of people who haven't been vaccinated or haven't had measles before will be infected if they are around someone who is sick with measles.

Prevention

- Talk to your Community Health Nurse about protection against measles.
- You can also check your medical records to see if you or your child is vaccinated against measles through the BC Health Gateway online: healthgateway.gov.bc.ca

What else can you do?

- ✓ Stay home if you are sick.
- ✓ Wash your hands to protect others.
- ✓ If you have symptoms and need to be assessed, call ahead so the clinic can protect others.
- ✓ Stay up-to-date on your Measles vaccine.



First Nations Health Authority
Health through wellness

Contact your local health centre:

T: _____

E: _____

THINK MEASLES



First Nations Health Authority
Health through wellness

Consider measles in any client presenting with a febrile rash illness, especially if unvaccinated for measles or traveled where measles is known to be circulating in the last 21 days.



MEASLES SYMPTOMS

- High Fever
- Cough
- Coryza (runny nose)
- Conjunctivities (red, watery eyes)
- Koplik spots (tiny white spots inside mouth)
- Maculopapular Rash
 - Typically appears 2-4 days after symptoms begin
 - Begins at hairline, spreads downward, to face, neck and trunk
 - Rash appears red on light complexions, but may be harder to see or appear as purple or darker than surrounding skin on dark complexions



PRE-VISIT TELEPHONE TRIAGE

- For those reporting measles symptoms, assess the risk of exposure:
 - Has there been contact with a known measles case?
 - Are measles cases present in your community?
 - Did the client spend time out of the community and/or country or in an area where measles is circulating in the 21 days before symptom onset?
- Is the client protected from measles by vaccination or disease?
- In order to protect others in the clinic, client and companion will be asked to wear a medical mask and, if possible, will be placed in a private room. If available have client enter through a side or back entrance to reduce exposure to others.



PATIENTS PRESENTING WITH SUSPECTED MEASLES

- Provide a medical mask to clients (2 years of age and older) and anyone accompanying them before they enter the clinic.
- Immediately move client and companion to a physically separate location, ideally a negative pressure room (AIIR) if available. If unavailable, use a private room with the door closed.



INFECTION PREVENTION PRECAUTIONS

NOTE: Only healthcare providers/staff known to be immune to measles should be in contact with the client.

- Carry out a Point of Care Risk Assessment (PCRA) to select appropriate PPE & additional infection prevention precaution measures.
- Implement Airborne Precautions and place in a private room (ideally negative pressure) with minimal supplies/equipment.
- Use a fit tested N95 respirator.
- Use a gown/gloves eye protection as per the PCRA.
- Carry out Routine Practices (5-moments of hand hygiene etc.).
- Provide client and others who may be exposed with a medical mask for use in the clinic and during transportation.
- Maintain airborne precautions until at least 4 days after rash onset for immunocompetent clients and until symptom resolution for immunocompromised clients.
- If a negative pressure room is unavailable, the room the client was in should remain vacant for at least 2 hours after the client leaves. If a staff member must enter the room within 2 hours, a fit tested N95 respirator should be worn.
- After the 2 hour air clearance time is complete, a terminal clean with Health Canada approved healthcare grade products should be carried out.



PUBLIC HEALTH NOTIFICATION

- Measles is a reportable disease in BC.
- Refer to the [BCCDC Manual: Measles Interim Guidelines](#) for guidance on case definition, testing and case and contact management.
- Immediately report all confirmed, probable and suspect cases of measles as per BCCDC Case Definition to the [RHA CD Unit](#) and initiate control measures.

Please contact ipc@fnha.ca, cdmgmt@fnha.ca or immunize@fnha.ca for any questions or guidance

Menopause Made Simple



Finding Indigenous Solutions for Health

Join the FNHA for an informative and supportive workshop designed to help you navigate menopause with confidence.

Learn about hormonal changes and their symptoms, lifestyle strategies and self care tools.

July 7th at 1:30-3:30pm
Katzie Health and
Community Center



FRASER SALISH REGION

First Nations Health Authority



First Nations Health Authority
Health through wellness

HONOUR YOUR STRENGTH:

Our diabetes wellness journey

You are invited!

Who: People living with type 2 diabetes, and anyone wanting to learn about living well with type 2 diabetes

What:

- Eight session series introducing living well with diabetes
- Information sharing, storytelling, activities and building your own diabetes wellness plan

Where: Katzie Health and Community Centre – Boardroom

19700 Salish Road

Lunch will be served

There will be a door prize of \$25 for lucky winner

When: Session# 7 on July 08, 2025 @ 10:00 am
Group: 6-12 people

For more information or to register contact:

Mandy Atwal, RN(C): 604-464-8921
Cell # 236-332-6223





AMPLIFON

Hearing Aid Maintenance & Hearing Test

Amplifon is a global network of hearing care professionals committed to serving the community with high-quality products, continuous support, and personalized care.

I'm Nicole Chandler, a Hearing Instrument Practitioner with 15 years of experience serving the Maple Ridge community.

I invite you to join me for a day of hearing tests and hearing aid cleanings/care. I'm excited to meet everyone who can attend!

July 14, 2025

8:30 am - 1:00pm

Where: KHCC Wellness Room

Book your appointment today by contacting Peggy Florence!

 Peggy@katzie.ca

 604-465-8921



**Katzie Health and
Community Centre**

Mother Bear Wellness Program

♦ ♦ ♦ July 7th - 11th ♦ ♦ ♦

Monday

- 10-12pm >>> Mother Bear Cafe -with Heather
- 1-5pm >>> Individual Appts Available -with Heather
- 3-4:30pm >>> Check In & Intentions For the Week -with Faith
- 530-730 pm >>> Womens Group- Grabenhorst Garden

Tuesday

- 10- 11am >>> Mother Bear Cafe with Heather
- 11- 12pm >>> Smudge & Talking Circle -All People & Nations -with Damian
- 1-2:30pm >>> Art Activity- with Heather
- 3 - 4 pm >>> Relaxation Techniques- with Heather

Wednesday

- 10- 12pm >>> Mother Bear Cafe with Heather
- 1-2:30pm >>> Conversations about Addiction & Recovery with Heather
- 3 - 5 pm >>> Individual Appointments -with Heather
- 430-730pm >>> Katzie Pride Event - KFN Health Centre
- 6 - 8pm >>> Mens Group - with Damian

Thursday

- 10- 12pm >>> Mother Bear Cafe -with Heather
- 12 - 3pm >>> 1 to 1 Counseling Available- with Charlotte from Cythera
- 330-530pm >>> Healthy Relationships Support Group - with Charlotte & Laurel

Friday

- 1 - 4pm >>> Lunch & Out on the Land excursion with Faith





THE CLINIC UPDATE

CHANGES AT THE CLINIC: WHAT YOU NEED TO KNOW

Good day to all you Lovely people

Unfortunately June 11th was Jayme Burgoyne N.P.'s last day with us. She is on Maternity leave and will be back on July 13th of 2026. Fraser Health is trying their best to hire another N.P. to cover while Jayme is gone. We will update the minute we hear anything.

In the meantime, please call Jenn to book in with Cherysh or the Frafca Clinic in Surrey regarding any health matters that concern you. NO appointments will be booked via email. Cherysh R.N. can see patients in the clinic, however she can not write prescriptions.

Mandy will be here for footcare starting June 18th and every other Wednesday going forward. Please call Jenn to book an appointment.

Thank you for your time
Cherysh R.N. and Jennifer M.O.A.

NEED A NURSE?

Our Fraser Health Nurses are ready to help!

Reach out to MOA Jenn at 604-465-8921 ext 422 to book an appointment with one of our dedicated nurses:

Cherysh
Mandy

We're here to support your health and wellness - don't hesitate to get in touch!



July
2025

Katzie Womens Group

Mondays from 5:30-7:30pm at the Health Center, unless otherwise noted. Send RSVP's, questions and feedback to Faith Summers facebook or email - healingandconnection@gmail.com

SUN MONDAY TUE WED THU FRI SAT

29

June 30

Beaded Wristlets with Roxy
5:30-7:30pm @ Wellness Den

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Grabenhorst Garden Visit
Activity + Dinner
5:30-7:30pm

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Fireside sharing circle &
Hotdog/Marshmallow Roast
5:30-7:30pm Behind Band office

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Kayaking & Picnic
5-8pm @ Pitt Lake

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Pajama Movie Night
7pm-9pm @ Wellness Den

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31



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.





Increase in Influenza, Pneumonia, and Covid Cases

We have an increase in cases of illness in community with most common Influenza, Pneumonia, and Covid. All are contagious and spread easily. If you are experiencing symptoms and illness we encourage you to see our on-site Nurse Practitioner, Doctor of the day over the phone, or your family Doctor. Call the Health ctr if you need to book an appointment.

KFN Health Department has released some care packages this past week. If you currently ill and are in need please contact healthservices@katzie.ca with the details, your name, and address. Off reserve can be available for pick up only.

Also a reminder that our pharmacy is able to provide flu packages at no cost to you. Contact them directly at Ph: 604-457-1030

We hope that you and your family are managing this flu season as best you can. Please take good care of your self and stay home if you have any symptoms that may potentially contagious and harmful to others of all ages. If you are coming into seek service from a Kfn Nurse and are ill please wear a mask. Stay safe and reach out if you need support.

Katzie Health Team



Katzie Pharmacy Hours

Sunday	Closed
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

Ph: 604-457-1030

Located: 19700a Salish Road



Available Vaccinations {No appointment needed}

- Shingles
- Pneumonia
- Tetanus
- Covid19
- Flu
- HPV
- Hepatitis A/B

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?

Cherysh | Mandy

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

Suicide Prevention Recourses

Available in B.C:

* 24-Hour Hotline: 1-800-784-2433

* Crisis Text Line: 604-872-3311

* Anyone in B.C can approach a clinic or go physically into a hospital if they are at risk

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 Peggy Florence. 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

Roni will be away on May 28th, resuming June 4th the following week

Wednesdays from 10am—11am

Drop in, or book an appointing 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 peggy@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:

- Jazmin Feschuk, Counsellor
 - hello@journeywjaz.com
- Siobhan Avery, Counsellor
 - Savery7@outlook.com
 - 778-791-1763
- Dan Kim, Counsellor
 - dan.avantcounselling@gmail.com
- Natalie Loi, Counsellor
 - requires referral from Family Doctor
- Heather Dickson, MHSU Counsellor
 - MHSUcounsellor@katzie.ca
 - 604-834-0939
- 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.



Nurse Drop-in Clinic

Monday, Wednesday, and Fridays
9:00am - 11:00am

Need to see a nurse? Our Nurse Drop-in clinics are here to provide you with convenient access to basic healthcare services. Whether you have questions, need advice, or require a quick check-in, our dedicated nurses are ready to assist you.

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

For more information please call Katzie Health and Community Centre: 604-465-8921 ext 422

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!



July Services Available:

- July 2
- July 30

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

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

Women's Wellness Clinic



When: Mondays | 1:00 PM - 3:30 PM

Where: Health & Community Centre

Join us for a safe and supportive space where women can prioritize their health and well-being. Our Women's Wellness Clinic offers essential healthcare services to help you stay informed and healthy.

Services Provided:

- ✓ Health check-ups, PAPs, and other screenings
- ✓ Reproductive health consultations
- ✓ Family planning & contraception
- ✓ Sexual health screenings
- ✓ Health education & counseling
- ✓ Referrals to specialists (if needed)

To schedule an appointment or for more information, contact the Health & Community Centre.

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



"Push Your Limit and
Get Stronger"

NEW FITNESS CLASSES

Sundays: 10:00AM – 11:00AM

Tuesdays: 6:30PM – 7:30PM

* 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

Please bring a water bottle and towel

About the Trainer: Tammy Ellison

With over 20 years of experience in fitness, my journey began as a teen playing rugby and soccer, which sparked my interest in strength and conditioning coaching. As a mom of teenagers who play lacrosse, I've brought this passion into my everyday life, even volunteering as a coach for the Ridge Meadows Minor Lacrosse Association.

As a Personal Trainer, my mission goes beyond helping people lose weight or gain muscle; I am dedicated to helping others love the skin they're in and build confidence—both inside and out. I focus on empowering my clients to overcome obstacles and injuries, while fostering a healthy mind and body. Watching my clients reach their full potential is what drives me, and it motivates me to continue inspiring others to live their best life.

I specialize in:

- Strength + Conditioning
- Weight Loss
- Weight Training
- Functional Training
- Injury Prevention
- Postural Assessment
- Pre-Post Natal
- Nutritional Wellness
- Older Adult Wellness
- Sports Specific Training
- TRX
- Kettlebell



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>

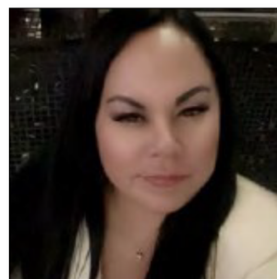
Leadership:



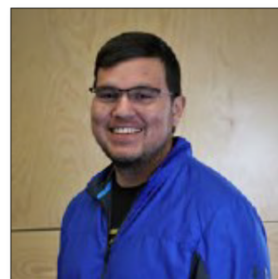
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Carcamo
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alisson@katzie.ca

Health and Community Centre:

101	Peggy Florence	MOA Specialized Receptionist	peggy@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
	Heather Dickson	MHSU Counsellor	MHSUCounsellor@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

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