



November 21, 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!

# Is it Cold, Flu, or Pneumonia?

## HOW DO YOU TELL THE DIFFERENCE?

### **Cold:**

- Caused by virus
- No antibiotics will treat it
- Contagious

Symptoms take time to develop and often includes

- Coughing (That lasts for two weeks) and a sore throat
- Stuffy nose and sneezing
- Watery eyes
- Low or no fever



### **Flu:**

- Caused by Influenza virus
- More serious than common cold

Symptoms hit fast and often includes

- Nausea and Headaches
- Lose of appetite
- Extreme fatigue with body and muscle aches
- Stuffy nose and coughing
- High fever, chills, and sweats



### **Pneumonia:**

- Settles in the lungs where the germs, bacteria or virus caused inflammation
- Most serious and should be treated

Symptoms often include

- High fever with chills
- Extreme fatigue
- Trouble breathing and chest pain
- Coughing up mucus
- Sweating
- Disorientation

All of these conditions are easily transmissible. If you are showing symptoms or feeling unwell, we strongly recommend consulting our on-site Nurse Practitioner, the Doctor of the day via phone, or your family physician. Please call the Health and Community Center to schedule an appointment with our on-site Nurse Practitioner if needed. 604-465-8921 ext 422

# 8 WAYS TO BOOST YOUR IMMUNITY

Stay Strong, Stay Healthy!

## **Eat a Balanced Diet**

Load up on fruits, vegetables, whole grains, and lean proteins to provide essential nutrients for your immune system.

## **Stay Active**

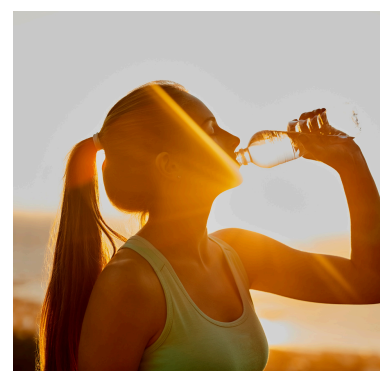
Regular exercise improves circulation and helps your immune cells work efficiently.

## **Get Enough Sleep**

Aim for 7-9 hours of restful sleep each night to help your body repair and rejuvenate.

## **Stay Hydrated**

Drinking plenty of water supports your body's natural detox processes and helps maintain a healthy immune system.



## **Manage Stress**

Practice relaxation techniques like meditation, yoga, or deep breathing to reduce stress, which can weaken immunity.

## **Wash Your Hands**

Regular hand washing helps prevent the spread of germs and infections.

## **Supplement Wisely**

Consider supplements like Vitamin C, Vitamin D, and Zinc to support immune health, but always consult your doctor first.



## **Get Outside**

Fresh air and sunlight boost your mood and help your body produce Vitamin D, a key player in immune function.

Stay strong, stay healthy, and keep your immune system in top shape!  
#ImmunityBoost #HealthyLiving



# PRIMARY CARE CLINIC

Now Booking Appointments with Dr Clay Marco!

**Every Wednesday.**

9:30 AM - 2:30 PM

Katzie Health and Community Centre

**Call today to book your appointment**

☎ 604-465-8921

*Spaces are limited, book early to secure your spot.*

## 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

# First Nations Primary Care Centre Fraser West

[FS-FNPCI-FraserWest@fnha.ca](mailto:FS-FNPCI-FraserWest@fnha.ca) | 604.313.4281



FRASER SALISH REGION  
First Nations Health Authority

**First Nations Primary Care Centre** health care service delivery combines primary health care, social services, and Indigenous health supports into one team-based care model.



**Mina Johal**

*Regional Manager, Clinical Health  
& Wellness Services, Fraser West*



**Richard Tatomir**

*Practice Lead*



**Dr. Clay Marco**

*Physician*



**Janeen Girvan**

*Registered Nurse*



**Donnabelle Labrado**

*Registered Nurse*



**Sonya Sharma**

*Social Worker*



**Ramandeep Kaur**

*Medical Office Assistant*

## What We Do

Fraser West will provide locally available primary care services and allied health professionals to address the physical, mental, emotional and spiritual wellness of communities.

For more information about Fraser West please contact Mina Johal: [Mina.Johal@fnha.ca](mailto:Mina.Johal@fnha.ca)

### Core Program Areas and Services

Traditional healing and wellness  
Mental health counseling

Family practice physicians  
Social work  
Elder support

Nursing services  
Harm reduction support



# Diabetes Awareness Month

The Stigma and truth behind diabetes

## What comes to mind when you think about Diabetes?

If it's negative, you're not alone and that's exactly why we need to change the conversation.

## Diabetes stigma is real and it's harmful.

It's fueled by misunderstanding and judgements that negatively impact those living with diabetes.

The truth is that diabetes is a complex, 24/7 condition that impacts every part of a person's life. Physically, emotionally and financially. It's relentless and requires resilience to manage it every day.

This Diabetes Awareness Month, help stop the stigma and learn the truth.

## Understanding diabetes stigma

In 2023 we launched a first-of-its-kind national study to better understand how stigma, judgement and discrimination impact those living with type 1 (T1D) and type 2 diabetes (T2D). We learn that people living with diabetes often experience stigma and misunderstanding that make it harder to get the empathy and support they need. This stigma persists among Canadians. Our new national survey revealed that:

- 48% of Canadians believe that diabetes is caused by consuming too much sugar.
- 61% of Canadians cite lifestyle choices, poor diet or obesity/overweight when asked what causes people to develop diabetes.
- More than half of Canadians believe diabetes impacts a person's ability to do certain jobs.

Misunderstanding fuels stigma, but knowledge can change that. Learn more about what Canadians believe about living with diabetes.

## The truth about diabetes

- ✓ Diabetes is not caused by eating too much sugar
- ✓ People don't "Give themselves" diabetes
- ✓ The causes of diabetes are complex, including genes, family history, ethnic background, environmental and lifestyle factors.
- ✓ Diabetes can lead to serious complications, such as stroke, heart attack or vision loss.
- ✓ There are no "days off" for managing diabetes

We need to promote understanding, empathy and support for those living with this complex and relentless condition. You've already taken an important first step by reading this for a little more understanding about diabetes stigma and facts. Together, we can reimagine diabetes





Finding Indigenous Solutions for Health

# Diabetes Workshop

Join the **FNHA's Nursing Team** for a Diabetes Workshop to learn more about what Diabetes is and how we can manage it well. We'll explore **simple ways keep blood sugars low** and what to do if they start to creep up into higher ranges

**Date: Nov 24<sup>th</sup>**

**Time: 11am - 2pm**

**In The Large Boardroom**



FRASER SALISH REGION  
First Nations Health Authority

# TUESDAYS

Nov 18, 25, Dec 2



with Elder

**SALLY LEE  
DENNIS**



Drop in for

**BANNOCK & TEA**

**1-2pm**

then

**GIFTABLE CRAFTS**

**2-4pm**

**Mother Bear Wellness Program**

# Maple Ridge



## Community Corrections Outreach



**Join Us at the Katzie Health and Community Centre!**

Date:

**November 26, 2025**

Time:

**1:30 PM - 3:30 PM**

Probation Officer Lacey Jackson will be available to answer your questions about the Criminal Justice System, Court Services, and Community Supervision/Probation. Whether you need guidance or Support navigating these systems, Lacey is here to help.

Feel free to drop by and get the assistance you need!



" 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

## 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

## New Participants:

If you are joining Tammy's fitness classes for the first time, please arrive 10 minutes early to complete a participant waiver. This will also provide an opportunity for anyone to share any injuries or personal goals with her.



During each workout class, participants will have the chance to enter a drawing for a \$50.00 SportChek gift card!



# Mother Bear Wellness Program

◆ ◆ ◆ November 24th - 29th ◆ ◆ ◆

Monday - 24

- 1 - 2pm >>> Mindset Monday- Topic Discussion - with Faith
- 3 - 5pm >>> Wellness Den Drop in Social & Creative time - with Faith

Tuesday - 25

- 1 - 2 pm >>> Drop in Tea & Bannock - with Elder Sally Lee
- 2 - 3:45pm >>> Cultural Giftable Christmas Gifts - with Sally Lee
- 4 - 5 pm >>> Grief Workshop - with Jasmine

Wednesday - 26

- 12 - 2pm >>> Book with Traditional Counselor Sheree
- 2 - 4 pm >>> Drop In Recovery Group-All Genders-with Sheree
- 4:30-5:30pm >>> Wellness Wednesday Check In - with Jazmin

Thursday - 27

- 1 - 3pm >>> Book with Art Therapist Charlotte from Cythera
- 3:30-5:30pm >>> Making Connections Womens Support Group - Charlotte

Friday - 28

- 12-2pm >>> Pasta Lunch & Honoring Grief Creative Clay Activity

Saturday - 29

- 1:30-3pm >>> Learn to Knit Group - Supplies included - Kyada



# November



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 <b>10:00am - 11:00am</b> Fitness with Tammy KHCC Gymnasium	3 <b>9:00am - 3:30pm</b> Natalie from Fraser Health Youth Counselling  <b>9:00 - 3:00pm</b> SASET - Sto:lo Aboriginal Skills & Employment Training	4	5 <b>8:30 am - 4:30pm</b> Ivy Yibin Huang, FH  <b>Counsellor</b> Elder True  <b>10:00am - 11:00am</b> Roni [Legal Aid]	6	7 <b>10:00am - 2:00pm</b> Naturopath	8
9 <b>10:00am - 11:00am</b> Fitness with Tammy KHCC Gymnasium	10 <b>9:00am - 3:30pm</b> Natalie from Fraser Health Youth Counselling  <b>9:00 - 3:00pm</b> SASET - Sto:lo Aboriginal Skills & Employment Training  9:00am - 4:00pm Smile in a Van	11 Stat Day	12 <b>8:30 am - 4:30pm</b> Ivy Yibin Huang, FH  <b>Counsellor</b> Elder True  <b>10:00am - 11:00am</b> Roni [Legal Aid]	13 8:30am - 3:00pm Traditional Chinese Medicine w/ Karen Acupuncture  9:00am - 2:30pm Reiki with Rachele	14 <b>10:00am - 2:00pm</b> Naturopath	15
16 <b>10:00am - 11:00am</b> Fitness with Tammy KHCC Gymnasium	17 <b>9:00am - 3:30pm</b> Natalie from Fraser Health Youth Counselling  <b>9:00 - 3:00pm</b> SASET - Sto:lo Aboriginal Skills & Employment Training	18 6:30 - 7:30pm Fitness with Tammy KHCC Gymnasium	19 <b>8:30 am - 4:30pm</b> Ivy Yibin Huang, FH  <b>Counsellor</b> Elder True	20 2:00pm - 4:00pm Menopause Information at HC Boardroom	21 <b>10:00am - 2:00pm</b> Naturopath	22
23 <b>10:00am - 11:00am</b> Fitness with Tammy KHCC Gymnasium	24 <b>9:00am - 3:30pm</b> Natalie from Fraser Health Youth Counselling  <b>9:00 - 3:00pm</b> SASET - Sto:lo Aboriginal Skills & Employment Training  <b>Diabetes Workshop w/ FNHA</b>	25 8:30am - 3:00pm Traditional Chinese Medicine with Dr Smith [Acupuncture]  6:30 - 7:30pm Fitness with Tammy KHCC Gymnasium	26 <b>8:30 am - 4:30pm</b> Ivy Yibin Huang, FH  <b>Counsellor</b> Elder True  <b>1:30pm - 3:30pm</b> <b>Maple Ridge Community Corrections</b> - Lacey Jackson	27	28 <b>10:00am - 2:00pm</b> Naturopath	29
30 <b>10:00am - 11:00am</b> Fitness with Tammy KHCC Gymnasium	1 <b>9:00am - 3:30pm</b> Natalie from Fraser Health Youth Counselling  <b>9:00 - 3:00pm</b> SASET - Sto:lo Aboriginal Skills & Employment Training	2 6:30 - 7:30pm Fitness with Tammy KHCC Gymnasium	3 <b>8:30 am - 4:30pm</b> Ivy Yibin Huang, FH  <b>Counsellor</b> Elder True	4	5 <b>10:00am - 2:00pm</b> Naturopath	6

**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 kids also available

### Services Offered:


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

Walk in

No appointment needed

 604-457-1030

 [katziepharmacy@gmail.com](mailto:katziepharmacy@gmail.com)

 19700A Salish Road, Pitt Meadows, BC, V3Y 2G6



**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.



# 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 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

Wednesdays from 10am—11am

Drop in, or book an appointing 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 [peggy@katzie.ca](mailto: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](mailto:hello@journeywjaz.com)
- **Siobhan Avery, Counsellor**
  - [Savery7@outlook.com](mailto:Savery7@outlook.com)
  - 778-791-1763
- **Dan Kim, Counsellor**
  - [dan.avantcounselling@gmail.com](mailto:dan.avantcounselling@gmail.com)
- **Natalie Loi, Counsellor**
  - requires referral from Family Doctor
- **Alysha Khakh**
  - [alysha@katzie.ca](mailto:alysha@katzie.ca)
  - 604-454-7397
- **(Ivy) Yibin Huang**
  - 604-465-8921 ext 422

## Our Cultural Advisors:

- **Damian George**
  - [damian@katzie.ca](mailto: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

## 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

## 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>

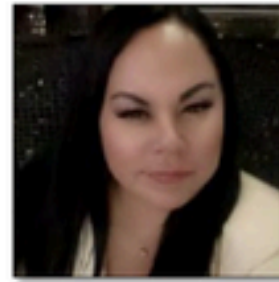
## Leadership:



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

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