



October 10, 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!

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 will be available starting October 14th
- COVID-19 mRNA vaccines [Pfizer & Moderna, new generation] will also be available October 14th

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



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



YOU'RE INVITED!

MENOPAUSE INFO SESSION



JOIN FNHA FOR A FUN, INTERACTIVE CONVERSATION ON UNDERSTANDING MENOPAUSE;

WHAT TO EXPECT, HOW TO ALLEVIATE SYMPTOMS AND FEEL YOUR BEST DURING THIS TRANSITIONAL PHASE OF WOMANHOOD

OCTOBER 16TH

10AM - 12PM

LARGE BOARDROOM

MENOPAUSE
DOESN'T
HAVE TO BE
SCARY!

COFFEE, TEA
AND GOODIES
PROVIDED



FRASER SALISH REGION
First Nations Health Authority

COME TO SHARE AND LAUGH:
LET'S NAVIGATE THIS TOGETHER

Healthy Habits for Flu Season.

Getting vaccinated helps protect
your entire community

An Influenza (flu) Vaccine Clinic will be held at:

Location

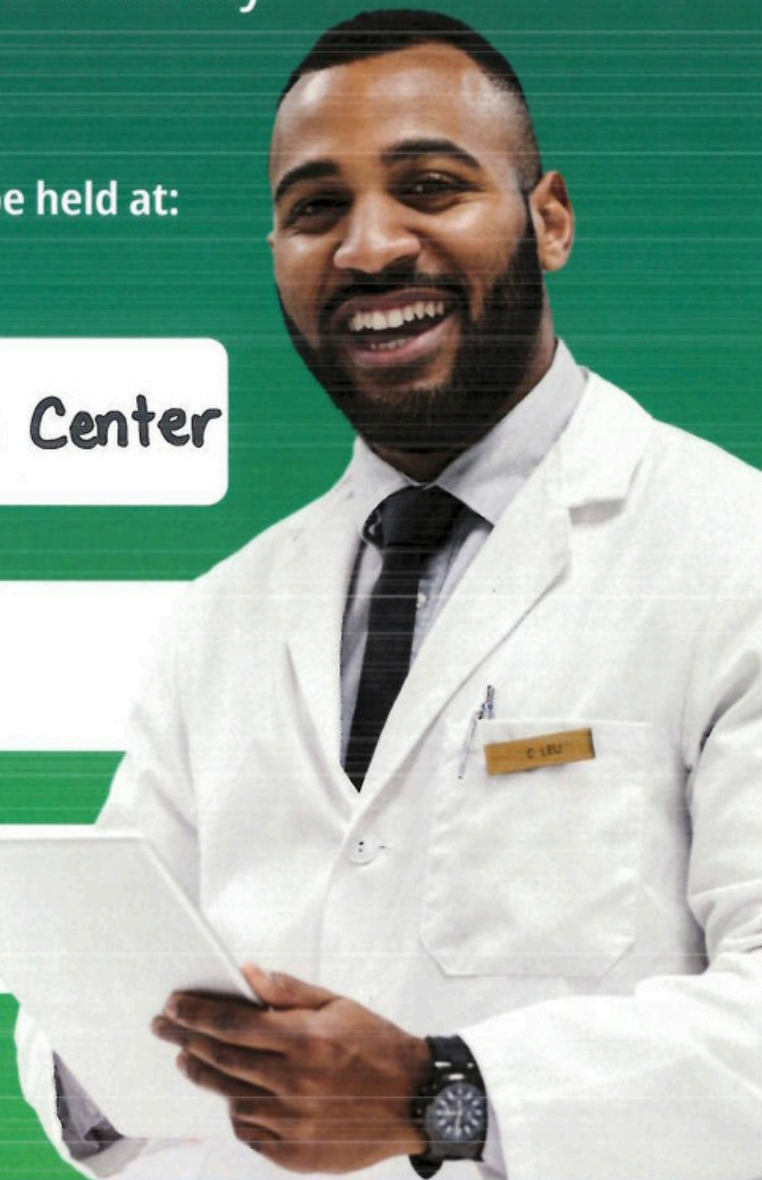
Gym @ Katzie Health Center

Date

October 17, 2025

Time

4:00 pm - 6:30 pm



For more information, visit
healthlinkbc.ca/influenza-flu-season

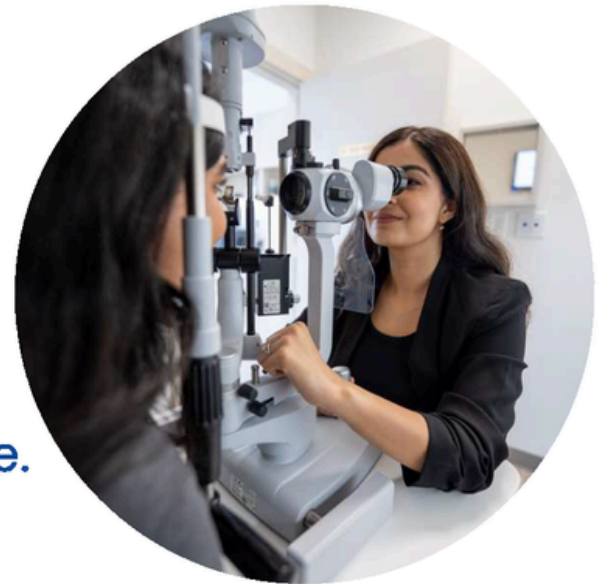


HealthLinkBC



Eye Clinic

We are honoured to provide eye exams and prescription glasses for **Katzie First Nation** community members covered under FNHA (Status) and MSP. Direct billing is available, and no upfront payment is required for eligible coverage.



Date: Thursday, October 30th

Location: Katzie Health and Community Centre



Dr. Swail Pirzada is the owner and optometrist at ClearLight Eyecare, an independent clinic on the North Shore. Passionate about innovative technology and patient-centered care, Dr. Pirzada also brings eye care directly to communities through a mobile eye clinic.

Contact Us

 604-770-0475

 www.clearlighteyes.ca

October



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 10:00am - 11:00am Fitness with Tammy KHCC Gymnasium	29 9:00am - 3:30pm Natalie from Fraser Health Youth Counselling 9:00 - 3:00pm SASET - Sto:lo Aboriginal Skills & Employment Training	30	1 8:30 am - 4:30pm Ivy Yibin Huang, FH Counsellor Elder True 10:00am - 11:00am Roni [Legal Aid]	2	3 10:00am - 2:00pm Naturopath	4 1:30pm - 2:30pm Joyful Movement Class - with Kyada KHCC Gymnasium
5 10:00am - 11:00am Fitness with Tammy KHCC Gymnasium	6 9:00am - 3:30pm Natalie from Fraser Health Youth Counselling 9:00 - 3:00pm SASET - Sto:lo Aboriginal Skills & Employment Training 10:00am - 4:00pm Information on Jordan's Principle Settlement	7 6:30 - 7:30pm Fitness with Tammy KHCC Gymnasium	8 8:30 am - 4:30pm Ivy Yibin Huang, FH Counsellor Elder True 10:00am - 11:00am Roni [Legal Aid]	9 8:30am - 1:30pm Hearing Aid testing with Amplifon -Nicole Chandler RHIP	10 10:00am - 2:00pm Naturopath	11 1:30pm - 2:30pm Joyful Movement Class - with Kyada KHCC Gymnasium
12 10:00am - 11:00am Fitness with Tammy KHCC Gymnasium	13 9:00am - 3:30pm Natalie from Fraser Health Youth Counselling 9:00 - 3:00pm SASET - Sto:lo Aboriginal Skills & Employment Training	14 8:30am - 3:00pm Traditional Chinese Medicine with Dr Smith [Acupuncture] 6:30 - 7:30pm Fitness with Tammy KHCC Gymnasium	15 8:30 am - 4:30pm Ivy Yibin Huang, FH Counsellor Elder True 10:00am - 11:00am Roni [Legal Aid] 1:30pm - 3:30pm Maple Ridge Community Corrections Lacey Jackson	16 10:00am - 12:00pm Menopause Info Session 8:30am - 2:00pm Reiki with Rachelle	17 10:00am - 2:00pm Naturopath	18 1:30pm - 2:30pm Joyful Movement Class - with Kyada KHCC Gymnasium
19 10:00am - 11:00am Fitness with Tammy KHCC Gymnasium	20 9:00am - 3:30pm Natalie from Fraser Health Youth Counselling 9:00 - 3:00pm SASET - Sto:lo Aboriginal Skills & Employment Training	21 6:30 - 7:30pm Fitness with Tammy KHCC Gymnasium	22 8:30 am - 4:30pm Ivy Yibin Huang, FH Counsellor Elder True 10:00am - 11:00am Roni [Legal Aid]	23 Smile in a Van	24 10:00am - 2:00pm Naturopath	25 1:30pm - 2:30pm Joyful Movement Class - with Kyada KHCC Gymnasium
26 10:00am - 11:00am Fitness with Tammy KHCC Gymnasium	27 9:00am - 3:30pm Natalie from Fraser Health Youth Counselling 9:00 - 3:00pm SASET - Sto:lo Aboriginal Skills & Employment Training	28 8:30am - 3:00pm Traditional Chinese Medicine with Dr Smith [Acupuncture] 6:30 - 7:30pm Fitness with Tammy KHCC Gymnasium	29 8:30 am - 4:30pm Ivy Yibin Huang, FH Counsellor Elder True 10:00am - 11:00am Roni [Legal Aid]	30 8:30am - 3:00pm Clear Light Eyes - Eye Clinic	31 10:00am - 2:00pm Naturopath	1 1:30pm - 2:30pm Joyful Movement Class - with Kyada KHCC Gymnasium

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.

Mother Bear Wellness Program

◆◆ October 13th – October 18th ◆◆

Monday-13th

No programming

Tuesday-14th

11 -12pm >>> **Smudge & Talking Circle- All People Welcome- with Damian**
1 - 3 pm >>> **Drop In Beading- with Roxy**

Wednesday- Oct 15th

12 - 2pm >>> **Book with Traditional Counselor Sheree**
2 - 4 pm >>> **Red Path Recovery Group-All Genders-with Sheree**
6 - 8 pm >>> **Drop In ribbon Skirt Making**

Thursday- 16th

1 - 3pm >>> **Book with Charlotte from Cythera House Society**
330-530pm >>> **Making Connections Womens Support Group - Charlotte & Laurel**

Friday- 17th

12-1pm >>> **Lunch & Social time**
1:15-230pm >>> **Emotional Intelligence - Why does it Matter?**

Saturday- 18th

1:30-2:30pm >>> **Learn to Knit! - All supplies included - Kyada**



October

2025

Katzie Womens Group

Mondays from 5:30-7:30pm @ Wellness Den unless otherwise noted. Send RSVP's, questions and feedback to Faith 604-341-9485 or healingandconnection@gmail.com

SUN

MONDAY

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**6 Bowling - RSVP 15 people
rsvps open October 1st
6-9pm**

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13 No Group Offices Closed

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**20 Community Conversation
'Womens Group Collective
Agreements & Ways of Being'**

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**27 Halloween Craft Night
5:30-8:30pm**

28

29

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31

Katzie Men's Group

OCTOBER
2025

Join us for Men's Group. Time to get together for an outing, or an activity and dinner. Meet at the Health Centre at 5:30pm every Wednesday (Unless otherwise scheduled).

If you are able to support driving or plan on attending, please let me know for reservation purposes. Contact Damian George directly with questions.
E: damian@katzie.ca or PH: 778-239-3325

SUN	MON	TUE	WEDNESDAY	THU	FRI	SAT	
28	29	30	Driving Range; Boston Pizza Leave at 5:30pm	1	2	3	4
5	6	7	Choices Billards Leave at 5:30pm	8	9	10	11
12	13	14	Zero Latency; Lodge Steahouse Leave at 5:30pm	15	16	17	18
19	20	21	Bowling; Red Robin Leave at 5:30pm	22	23	24	25
26	27	28	Wood Carving; Chinese Food Leave at 5:30pm	29	30	31	1



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 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 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
- **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

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 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>

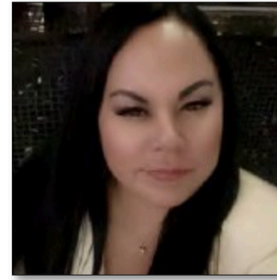
Leadership:



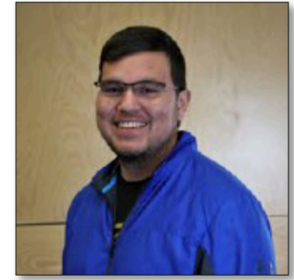
**Grace
George**
Chief
grace@katzie.ca



**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		MOA Specialized Receptionist	health@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

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