



September 19, 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!



## First Nations Child and Family Services and Jordan's Principle Settlement

# Information Session

**Claims Helpers are available to help you complete your Claim for compensation.**

Join Claims Helpers for a free information session to learn about the Settlement, eligibility and how to submit a Claim for compensation.

**Date:** October 6, 2025  
**Time:** 10am - 4pm  
**Location:** Katzie Health and Community Centre  
19700 Salish Road, Unit A  
Pitt Meadows, BC

The Claims Helpers will also be available to provide free private support with completing Claim Forms.

**Details:** Please bring: **Government Identification**

### Approved forms of identification

The Administrator will accept any of the following:

- Certificate of Indian Status (CIS) or Secure Certificate of Indian Status
- Driver's licence (or operator's licence)
- Provincial/Territory photo ID
- Birth certificate
- U.S. State ID
- First Nations/Indigenous Government ID or Certificate of Tribal Membership
- Passport
- Social Insurance Card
- Bring Your ID (BYID) Card (Age of Majority Card)
- Certificate of Canadian Citizenship
- Firearms Possession and Acquisitions License (PAL)
- Land Claim Beneficiary Card (including NTI Enrolment Card)
- Nexus Card
- Official Military ID
- Old Age Security (OAS) ID Card
- Permanent resident card
- Prison/Correctional ID
- Provincial Services Card
- Statement of Live Birth (must have raised red seal and be signed by registrar)

A death certificate, a funeral director's statement of death or a burial certificate issued by the province or territory where the death took place will be accepted as ID of a deceased Class Member.

To learn more about the Settlement, visit [www.FNChildClaims.ca](http://www.FNChildClaims.ca)

Contact the Administrator at 1-833-852-0755 for information or to be connected with a Claims Helper



## The Claims Period for the Removed Child Class and Removed Child Family Class opened on **March 10, 2025.**

### Eligibility



#### The Removed Child Class

- First Nations individuals who, while under the Age of Majority, were removed from their homes between April 1, 1991, and March 31, 2022, by Child Welfare Authorities
- The removal from home happened while the Child or their Caregiving Parents or Caregiving Grandparents were Ordinarily Resident on Reserve or living in the Yukon
- The placement was funded by Indigenous Services Canada (ISC)



#### The Removed Child Family Class

Caregiving Parents and Caregiving Grandparents of a Removed Child who:

- Are the biological or adoptive parents, biological or adoptive grandparents, or Stepparents who are First Nations
- Lived with, assumed and exercised parental responsibilities over the Removed Child at the time the Child was removed
- Were the ones the Removed Child was first removed from

### How to submit a Claim

Submit your Claim Form, copy of your valid government-issued identification and any required documents to the Administrator at [Portal.FNChildClaims.ca](https://portal.fnchildclaims.ca) or by email, fax or mail.

The Administrator cannot accept Claims submitted on behalf of another person unless:

- The Claim is submitted by a legally appointed Personal Representative on behalf of a Person Under Disability
- The Claim is submitted on behalf of a deceased person by the executor of their estate or an eligible heir

If you believe you are eligible under more than one Class, submit a separate Claim Form for each Class.

## Timelines

**Adult Class Members have until March 10, 2028, to submit their Claim.** Minors can submit two years before reaching Age of Majority and have three years from the date they become an adult to submit their Claim. Adult Family Class Members must submit their Claim by March 10, 2028, regardless of the age of the associated Removed Child.

Representatives of Class Members who passed away after March 10, 2025, while under the Age of Majority, have three years from the date of death to submit a Claim.

Removed Child Class Claims will be assessed on an ongoing basis. Removed Child Family Class Claims will be assessed four years after their Claims Period opened to ensure competing Claims for the same associated Removed Child can be resolved.

## Support

You do not have to pay anyone to submit your Claim or to receive payment under this Settlement.



Visit [www.FNChildClaims.ca](http://www.FNChildClaims.ca) for information and resources to help complete your Claim Form, including guides and instructional videos.



If you have questions about your Claim, call the Administrator toll-free at **1-833-852-0755**.

If you need additional support, the Administrator may connect you to a Claims Helper.



Free mental health and wellness support is available 24 hours a day through **Hope for Wellness** at **1-855-242-3310** or [www.HopeForWellness.ca](http://www.HopeForWellness.ca) and through the **Kids Help Phone** at **1-800-668-6868** or by texting **FIRSTNATIONS** to **686868**.

Scan here:



[www.FNChildClaims.ca](http://www.FNChildClaims.ca)





# 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!

**October 9, 2025**

**Time: 8:30am-1:00pm**

**Where: KHCC Wellness Room**

Book your appointment today by contacting the Health Centre Front Desk!



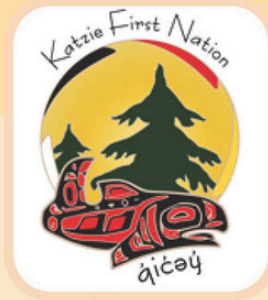
[Katziehealth@katzie.ca](mailto:Katziehealth@katzie.ca)



604-465-8921



**Katzie Health and  
Community Centre**



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 16<sup>TH</sup>

10AM - 12PM

LARGE BOARDROOM

MENOPAUSE  
DOESN'T  
HAVE TO BE  
**SCARY!**

COFFEE, TEA  
AND GOODIES  
PROVIDED



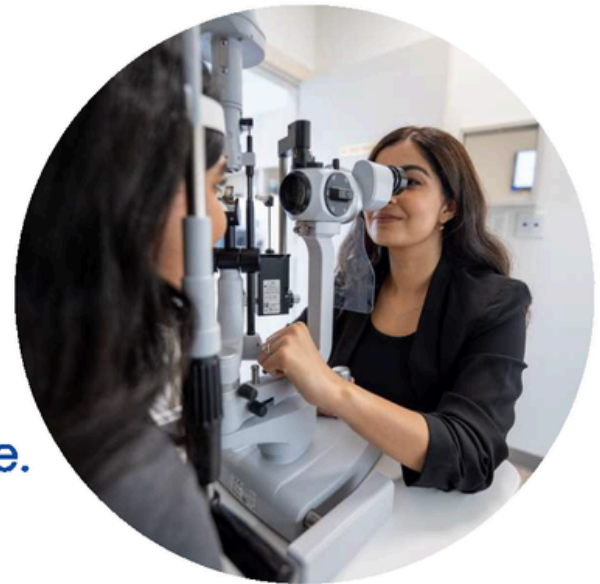
FRASER SALISH REGION  
First Nations Health Authority

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



# 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 30<sup>th</sup>**

**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](http://www.clearlighteyes.ca)

# September **Katzie Womens Group**

2025

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](mailto:healingandconnection@gmail.com)

SUN	MONDAY	TUE	WED	THU	FRI	SAT
	<p><b>1</b></p> <p><b>No Group - Stat Holiday</b></p>	5	6	7	8	9
10	<p><b>8</b></p> <p><b>Full Moon Healing Circle</b> 6-830pm</p>	12	13	14	15	16
17	<p><b>15</b></p> <p><b><u>Ribbon Skirt Class 1</u></b> <b>5-9pm</b> <b><i>*Limited Space*</i></b> <b>Registration &amp; Commitment to all Classes is required</b></p>	19	20	21	22	23
24	<p><b>22</b></p> <p><b>Ribbon Skirt Class 2</b> <b>5-9pm</b></p>	26	27	28	29	30
24	<p><b>29</b></p> <p><b>Ribbon Skirt Class 3</b> <b>5-9pm</b></p>	30				

# Katzie Men's Group

SEPTEMBER  
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](mailto:damian@katzie.ca) or PH: 778-239-3325

SUN	MON	TUE	WEDNESDAY	THU	FRI	SAT
31	1	2		3	4	5 6
7	8	9		10	11	12 13
14	15	16	<b>Speeders Go Carts</b> Leave at 5:30pm	17	18	19 20
21	22	23	<b>Gun Range and San Remos Pizza</b> Leave at 5:30pm	24	25	26 27
28	29	30	<b>Driving Range; Boston Pizza</b> Leave at 5:30pm	1	2	3 4



**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?

Katie 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 Katie 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 [peggy@katie.ca](mailto:peggy@katie.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



"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](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>

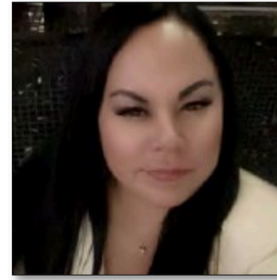
**Leadership:**



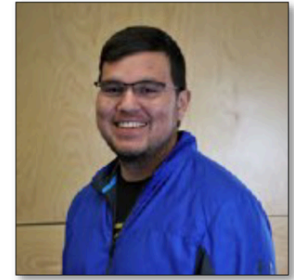
**Grace  
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grace@katzie.ca



**Rick  
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Council  
rick@katzie.ca



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



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

**CAO & Directors:**

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**Kimberly  
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**Grace  
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Acting Director of Health  
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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