

# Let's Talk About Mental Health

Who Can I Talk To About My Mental Health?

Family Member

Friend

HELP!

Mentor

Therapist

## Tips for Talking About Mental Health

When you are struggling...



Start by journaling



Talk to someone you don't know such as a therapist



Write a letter



Remember, you will probably feel relieved after



Practice speaking in a mirror

2022

Dec 16

You Are Not Alone

# November 30, 2022 - Overdose Alert



**Several suspected opioid overdoses have occurred in our region over the past few days.**

Take extra caution by:

- Not using alone. When using with someone else, don't use at the same time.
- Not mixing different drugs. Mixing drugs, including alcohol, increases the risk of overdose
- Going slow. Use smaller amounts and do test doses to check the strength of the drug
- Getting overdose prevention training and carrying a Naloxone kit

**Overdose is a medical emergency. Call 911**

**Naloxone is also available at some local pharmacies.**



# Four numbers to know

if you're struggling with mental health or substance use this winter.

○ **Fraser Health  
Crisis Line**

604-951-8855  
or toll-free 1-877-820-7444

○ **Culturally sensitive  
crisis line for  
Indigenous peoples**

1-800-588-8717

○ **Alcohol and drug  
information and  
referral service**

604-660-9382  
or toll-free  
1-800-663-1441

○ **Kids Help Phone**

1-800-668-6868

Learn more at  
[fraserhealth.ca/winterhealth](https://fraserhealth.ca/winterhealth)



# Connect with a nurse

by phone, web chat or  
video conference.

1-800-314-0999

10 a.m. to 10 p.m.  
7-days a week.



 **fraserhealth**

# Know your options for health care this winter

## ○ **Health concern?**

Call your family doctor first. Same-day urgent appointments may be available.

## ○ **Family doctor not available?**

- Visit [fraserhealth.ca/urgentcare](https://fraserhealth.ca/urgentcare) for Urgent and Primary Care Centre locations.
- Visit [pathwaysmedicalcare.ca](https://pathwaysmedicalcare.ca) to find information about doctors and medical clinics in your community.

## ○ **Need trusted health advice?**

Call the Fraser Health Virtual Care team at 1-800-314-0999.

## ○ **Urgent medication refill?**

Contact your pharmacist.

## ○ **Mental health concern?**

Call the Fraser Health Crisis Line at 1-877-820-7444.

## ○ **Critical or life-threatening condition?**

Call 9-1-1 **OR**  
go to the nearest emergency room.





## Available Vaccinations

Shingles  
Pneumonia  
Tetanus  
Covid  
Flu  
HPV  
Hepatitis A/B

Other Vaccinations can be made available if patients have medication insurance, a recommendation from the doctor, or some clinical needs.

Walk in - No Appointment Needed

Covid Tests and Naloxone Kits also available.

## Services Offered

Specialized services  
Medical Equipment  
Patient management  
Prescription reminder  
Free Delivery and more

## Store Hours

**Monday** 9am - 4pm  
**Tuesday** 9am - 4pm  
**Wednesday** 9am - 4pm  
**Thursday** 9am - 4pm  
**Friday** 9am - 4pm  
**Saturday** 9am - 9:30am

Closed for the Holidays on  
**December 26, 2022 and**  
**January 2, 2023**

**Katzie Pharmacy**

 604-457-1030

19700A Salish Road, Pitt Meadows, BC, V3Y2G6

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

# KATZIE MEN'S GROUP

## UPCOMING DATES

- > January 4
- > January 11
- > January 18
- > January 26



Please join us in the Health and Community Centre Boardroom. Group is every Wednesday.

Dinner served at 5:30PM

No Sign up Required. Maximum people 15

If you have any questions please contact Damian George by email [damian@katzie.ca](mailto:damian@katzie.ca) or by phone 604-465-8921 ext 427

## Sweat Lodge Ceremony

Bi-weekly

UPCOMING DATES | START TIME: 6:00PM

- January 5
- January 19

DINNER SERVED AFTERWARDS



Traditional Healer & Support Worker  
**Damian George**

Here is some information to better prepare you for the upcoming ceremony.

- If you have never attended a sweat lodge ceremony before and have a medical condition, it is advisable to get approval from your physician beforehand.
- Women who are on their moon time are asked not to enter the lodge, however they are welcome to attend the teachings and sit outside of the lodge during the ceremony.
- It is recommended that an individual be drug and alcohol free at least 4 days prior to the ceremony.
- Suggested apparel: loose fitting clothing (long flannelette gown or skirt and t-shirt for women).
- Bring a large towel and hand towel
- Please be mindful that nothing is to be thrown into the fire.

For more information and to learn more about the private family sweats and lifegiver sweats contact: Damian George, Traditional Healer and Support Worker  
T: 604-465-8921 ext. 427 | E: [damian@katzie.ca](mailto:damian@katzie.ca)

# WELLBRIETY

Every Monday | 7:30 PM

Katzie Health and Community Centre | Boardroom

Wellbriety is about physical, emotional, spiritual, and relational health. It is founded on the recognition that we cannot bring one part of our lives under control while other parts are out of control. It is the beginning of a quest for harmony and wholeness within one's self.

ALL ARE WELCOME. Meetings are In-Person.

Refreshments provided.

Please take safety precautions for health and stay home if feeling unwell. Thank you.

For more information call:  
604-465-8921

FACILITATED BY:  
MANNY STRAIN



Katzie First Nation

## Community Group Fitness

Monday's 530-630pm  
Wednesday's 530-630pm

Katzie Community Center Main Gym

FEEL  
Better

BUILD  
Strength

LOSE  
Weight

Low Impact, Dynamic  
Classes designed to help  
you get stronger, improve  
your conditioning and lose  
weight

For more information contact  
Katzie First Nation Admin OR  
Athletes Arena 778-668-4255  
[www.arenamapleridge@gmail.com](mailto:www.arenamapleridge@gmail.com)

Thank You For  
Your Support!

# December 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Dan Kim 5-8PM Reiki 1-3PM	2 Naturopath 9-4PM	3 Siobhan 1-5PM
4	5 Wellbriety 7:30 Cross fit 5:30-6:30PM Natalie 9-4PM	6 Legal Service 1-3PM	7 Shawn-Lee 1-4:30PM Cross Fit 5:30-6:30PM Men's Group	8 Dan Kim 5-8PM Reiki 1-3PM Sweat Lodge	9 Naturopath 9-4PM	10 Siobhan 1-5PM
11	12 Wellbriety 7:30 Cross fit 5:30-6:30PM Natalie 9-4PM	13 Legal Service 1-3PM	14 Shawn-Lee 1-4:30PM Cross Fit 5:30-6:30PM Men's Group Foot Care 9am-3:30pm	15 Dan Kim 5-8PM Reiki 1-3PM	16 Naturopath 9-4PM	17 Siobhan 1-5PM
18	19 Office closed till the 3rd	20	21	22	23	24
25	26	27	28	29	30	31



## Need a Doctor?

Virtual Doctor of the Day

1-855-344-3800

7 Days a week | 8:30am - 4:30pm



## Need a Nurse?

Kirsten Stevens

Katzie Community Health Nurse

Cell: 236-332-7188 Office: 604-465-8921

Kirsten.Stevens@fraserhealth.ca



## Help with Mental Wellness?

Please contact Peggy (peggy@katzie.ca) to book an appointment with:

- \* Siobhan Avery
- \* Shawna Lee
- \* Damian George
- \* Dan Kim
- \* Natalie (ages 10+)



## Naturopath Clinics: Fridays 9:30am - 3:00pm

Naturopathic physicians are often successful at treating chronic conditions that don't respond to conventional medicine. This includes, but is not limited to: diabetes, high blood pressure, fatigue, pain, sleep disturbances, & digestive disorders.

They are able to respond to the individual needs of patients and develop a treatment plan that includes nutritional supplements, botanical medicine, acupuncture, and diet & lifestyle changes.

Contact Peggy Florence to book your appointment.

Ph: 604-465-8921 ext 101 | Email: peggy@katzie.ca

## Medical Transportation Rides

Medical Transportation Rides are **ONLY AVAILABLE**

**Monday—Friday 9:00am - 12:00pm**

\*Exceptions will be made for Specialist Appointments Only\*

Eligible Appointments are available for Family Doctor, Vision Care, Dental, Physio, Medical Lab. Please be advised that medical rides are available for individuals who **DO NOT** have a running vehicle in their home, and are in need of a ride to their medical appointments.

**Please be prepared to provide your status number and date of birth upon booking when needed.**

Medical Transportation must be booked 24 hours in advance.

Contact the Health Department for more information (604)465-8921 or stop by the Front Desk at the KHCC.



## Next Foot Care Date: December 14, 2022

**9:30am - 3:30pm**



## Katzie Pharmacy | 604-457-1030

Open Monday to Friday 9am - 4pm  
& Saturdays 9:00am - 9:30am



**Roni Magnusson** the legal services Legal Aid BC community partner is at the Health and Community Centre building Tuesdays 1:00pm - 3:00pm.

The community partner can connect people to legal aid, legal information and various legal services. You can schedule an appointment or drop in.

Legal services are provided in a private setting, and all information is confidential.

To reach Roni you can also call 604.467.6911 at ext. 1356. Voicemail is checked on Tuesdays and Wednesdays.

**Administration Office: 604-465-8961 | Health and Community Centre: 604-465-8921**  
**Finance Office: 604-465-8935 | Katzie Early Years Centre: 604-458-0045 | Pharmacy: 604-457-1030**

Chief & Council	202	Chief Grace George	Health, Economic Development, Intergovernmental Affairs	grace@katzie.ca
	206	Council David Kenworthy	Education, Culture, Human and Social Services	david@katzie.ca
	207	Council Rick Bailey	Aboriginal Rights/Title & Justice, Fishing and Hunting	rick@katzie.ca
	208	Council Lisa Adams	Housing, Municipal, Membership	lisa@katzie.ca
Admin	201	Nancy Florence	Reception/Office Assistant	reception@katzie.ca
	205	Kim Ranger	Human Resources	humanresources@katzie.ca
	118	Sasha James	Admin Assistant	sasha@katzie.ca
	209	Stacey Goulding	Chief Administrative Officer	stacey@katzie.ca
	412	Rebecca Harrison	Executive Director to CAO	executiveassistant@katzie.ca
Finance	102	Denis Vaillancourt	Finance Director	denis@katzie.ca
	211	Rachel Florence	Administration Manager	rachel@katzie.ca
	107	Moira Adams	Financial Administrator	moira@katzie.ca
	107	Debbie Janus	Finance Officer	debbie@katzie.ca
Referrals & ISCD	204	Marcus Rollins	Incremental Self Government Manager	marcus@katzie.ca
		Kim Armour	Referrals Manager	kimberly@katzie.ca
		Boyd Barrett	Senior Referrals Coordinator	boyd@katzie.ca
		Roma Leon	Referrals Culture Resource Advisor	roma@katzie.ca
		Carly Spence	Referrals Coordinator	landopsreferrals@katzie.ca
		Anne Kendall	Referrals Coordinator	anne@katzie.ca
KEYC	410	Torrie James	Director of Early Child Education	torrie@katzie.ca
	405	Corinna Miller	Executive Assistant to Director of ECE	corinna@katzie.ca
	419	Carleen McMaster	IIDP Consultant	carleen@katzie.ca
Health	101	Peggy Florence	Reception/MOA	peggy@katzie.ca
	103	Grace George	Acting Health Director	healthdirector@katzie.ca
	110	Skyler Florence	MOA Assistant	moa@katzie.ca
	116	Alysha Khakh	Family Support/Social Worker	alysa@katzie.ca
	420	Allison Carcamo	Mental Health and Substance Use Coordinator	Allison@katzie.ca
	421	Kirsten Stevens	Community Health Nurse	kirsten.stevens@fraserhealth.ca
	427	Damian George	Cultural Healer & Support Worker	damian@katzie.ca
HSS	407	Pat Large	Human and Social Services Manager	pat@katzie.ca
	426	Shannon Adams	Education & Skills Development Coordinator	education@katzie.ca
	111	Meghan Florence	Youth Coordinator	meghan@katzie.ca
	109	Victor Florence	Youth Worker	victor@katzie.ca
	114	Rosie Leon	Elders Traditional Kitchen/Event Coordinator	rleon@katzie.ca
	Cameron Bailey	Income Assistance/Program Assistant	cameron@katzie.ca	
Housing and Lands	411	Ian Cowan	Director of Lands and Civic Services	ian@katzie.ca
	406	Dale Komanchuk	Capital Projects & Infrastructure Manager	dale@katzie.ca
	408	Jamie Pierre	Admin Assistant - Housing and Membership	jamie@katzie.ca
	415	Rosanna Leon	Housing and Membership Administrator	rosannaleon@katzie.ca
	418	Francis Thommai	Lands Stewart	francis@katzie.ca
424	Cauvery Sawant	Lands & Registration Clerk	cauvery@katzie.ca	