



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!

KIDNEY CLINIC

**Kidney Screening can
save your life**

Kidney Check is a new program bringing kidney, diabetes, and blood pressure screening to Indigenous communities across Canada



Why is kidney health important?

Kidneys help our bodies stay healthy by getting rid of fluids, wastes and toxins.



Why should I get checked?

The earlier we know about kidney problems, the more we can do to help you and your kidneys feel better.



Who is involved?

Kidney Check is part of the Can-SOLVE CKD Network, a national patient-led initiative to improve kidney health.

BOOK NOW

To schedule your appointment,
please call Peggy.

 **604-465-8921**

**SCREENING
DAYS**



**March 25 – 27th
9:00AM – 4:00PM**

Why Are We Here?

- To work together to help improve health
- Help keep kidneys healthy
- Help prevent or delay dialysis

AND

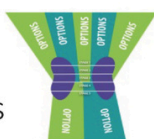
- To help make a plan to keep kidneys health

Why is this important today?

You or your family member may not know you have kidney problems
We can check your kidney health and provide care

Why Kidney Health Screening?

- Results in under 1 hour
- Find kidney problems early
- Find & provide care for risk factors
- Plan health care to keep kidneys working
- PREVENT or delay dialysis



How long will this take?

Less than one hour:

- 15 min registration and consent
- 15 minutes screening & testing
- 15 minutes reviewing results and follow-up with nurse (if needed)



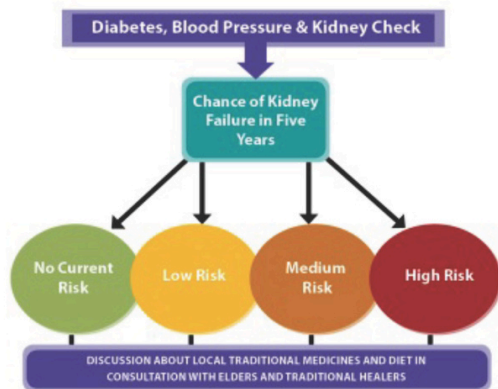
Testing and Screening Process

The health check process takes about 45 minutes with results and educations provided immediately



Check Results

Show your chance of kidney failure as we know how to best treat your kidneys and/or keep them healthy



Follow Up: Team Approach

Low Risk Patients	Medium Risk Patients	High Risk Patients
Team: <ul style="list-style-type: none"> Primary care provider Focus: <ul style="list-style-type: none"> Lifestyle blood pressure 	Team: <ul style="list-style-type: none"> Primary Care providers Kidney specialist Focus: <ul style="list-style-type: none"> Diagnosis Lifestyle Blood pressure Protein leak reduction 	Team: Multidisciplinary Kidney Health Clinic <ul style="list-style-type: none"> Primary care provider* Kidney specialist Kidney Nurse Kidney Dietitian Kidney Pharmacist Kidney Social worker Focus: <ul style="list-style-type: none"> Healthy Lifestyle Reduction of blood pressure Reduction of protein leak in the urine Treat consequences of low kidney function Treat related heart and diabetic diseases



Athletes Arena JiuJitsu/Striking



TUES/THURS 6-7PM!!

KICKBOXING & FITNESS CLASSES
FREE for Katzie First Nation Members!

Join us for high-energy Kickboxing & Fitness Classes led by experts from Athletes Arena – Kickboxing & Jiu-Jitsu Academy! These classes are designed for all skill levels, helping you build strength, improve cardio, and learn self-defense in a supportive and fun environment.

CLASS DETAILS:

📍 Location: Katzie Health and Community Centre - Gym

📅 Days: Every Tuesday & Thursday

🕒 Time: 6:00 to 7:00 PM

💰 Cost: FREE!

🔥 What to Expect:

- ✅ Beginner-friendly kickboxing techniques
- ✅ Strength & conditioning workouts
- ✅ Fun, engaging, and empowering training
- ✅ Experienced, professional coaches

Come get fit, learn new skills, and have fun with the community! No experience needed – just bring water, comfortable workout clothes, and a great attitude!

For more info, contact Katzie Executive Assistant to Health Service
Barbara Larsen 604-465-8921 Ext. 103 or Athletes Arena 778-668-4255



Q & A

QUESTION



Is Gambling an addiction?

ANSWER

Yes, it certainly can be. Gambling is considered to be what we would call a process addiction. Other process addictions would be things like shopping, sex or gaming. In other words, these are addictions where no chemicals are being introduced into the body...nobody is using any kind of substances to get high or to change their mood. It has sometimes been said that gambling is the purest form of addiction because of the fact that the person is not taking any kind of substances but is still showing all the signs of having an addiction.

In fact, if you were to look at the brain of someone who was gambling, it would show excitement in the same areas of the brain as if someone was using substances. People who are addicted to gambling also show signs of withdrawal when they are unable to gamble. They are irritable, sweaty and restless and pretty miserable to be around when they can't get their "fix."

As mentioned before, the signs of an addiction are the four C's....You feel a **COMPULSION** to use, You have **CRAVINGS**, You can't **CONTROL** the behavior and even if the **CONSEQUENCES** are not good, you are unable to stop.

Gambling is a really difficult one to get a handle on because it's such a popular activity and it's not illegal. You also get rewarded occasionally by winning money. It can seem like it's not very serious, but I can tell you from personal experience within my family that you can lose your home, your car, your job and your relationships because of gambling and that can be from playing penny slots right up to blackjack or roulette. It can be a very serious addiction but that does not mean that it can't be overcome.

If you need more information or support around this issue, give me a shout at 604-834-0939 or pop into the Health and Community Centre for a visit. There is also free counselling available through the Problem Gambling Helpline. 1-888-795-6111 or by attending Gamblers Anonymous meetings.
1 (855) 222-5542



Heather
MHSU Counsellor
609-834-0939

Katzie Womens Group

Monday

3

Women Who Run With The Wolves
Book Study

10

Bowling & Pizza at Revs'
530pm-730pm 20 people max



17

Indigenous land and Body Centered Wellness
with *Brittany O'Rourke*
530pm-830pm 12 people max



24

Zumba @ Health Center

31

Indigenous land and Body Centered Wellness
with *Brittany O'Rourke*
530pm-830pm 12 people max



March 2025

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	5	6	7	1	2
11	12	13	14	8	9
18	19	20	21	15	16
25	26	27	28	22	23
				29	30

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



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
1-855-344-3800
7 Days a week | 8:30am - 4:30pm

Need a Nurse?

Cherysh | Mandy | Catalina | Juliet
Katzie Community Health Nurse
Office: 604-465-8921

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

Legal Aid Services has resumed as of Jan 15

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
 - 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

No appointment necessary. Simply drop by during the clinic hours. For more information please call Katzie Health and Community Centre: 604-465-8921

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!



Services Available:

- Thursdays & Fridays
- Last Monday of Each Month

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



Katzie MHSU team invites you to the

Women's Recovery Group

It only takes one person to get the ball rolling... Let it be you!



Every Tuesday | 2:00pm - 4:00pm

Starting January 28, 2025

In the Wellness Room

at the Katzie Health and Community Centre

Snacks Provided

One of the hardest things to do is to face recovery alone, and one of the most helpful things to do is to have connection with others who understand.

Come on out and share your wisdom for recovery and learn from others in a safe and supportive environment

Johann Hari's insight that "the opposite of addiction is not sobriety; the opposite of addiction is loving connection with others" underscores the profound impact of human connection in overcoming challenges. By embracing community and fostering genuine relationships, individuals can find the hope and support needed to thrive in recovery.



Heather Dickson
Mental Health and Substance Use Counsellor
mhsucounsellor@katzie.ca
609-834-0939



SWEAT LODGE CEREMONY



- If you have never participated in a sweat lodge ceremony and have a medical condition, it is recommended that you consult your physician beforehand.
- Women on their moon time are respectfully asked not to enter the lodge but are welcome to attend the teachings and sit outside during the ceremony.
- It is advised to remain free of drugs and alcohol for at least four days prior to the ceremony.
- Suggested attire includes loose-fitting clothing, such as a long flannelette gown or skirt with a t-shirt for women.
- Please bring a large towel and a hand towel with you.
- Kindly remember that nothing should be thrown into the fire.
- Children and youth will need permission by their parents to participate by sending Damian an email: damian@katzie.ca

Upcoming Dates:

- March 7, 2025 | 6:00PM
- March 21, 2025 | 6:00PM

For more information and to learn more about the private family sweats, and lifegiver sweats contact Damian George, Traditional Healer and Support Worker. E: damian@katzie.ca

Katzie MHSU team invites you to the

FAMILY SUPPORT GROUP



Are you or someone you know facing challenges related to a loved one's substance use, or do you simply want to learn more about this topic? Join us for lunch and a conversation.

All are Welcome

I'd love to meet you, answer your questions, and hear your suggestions.

Every Thursdays, starting Jan 16

Wellness Room, Health and Community Centre
1:00pm - 3:00pm

Why Participate?

- 1 Enjoy Lunch
- 2 Connect with Others
- 3 Receive a gift card for self-care just for attending!

Heather
Mental Health and Substance Use Counsellor

mhsucounsellor@katzie.ca



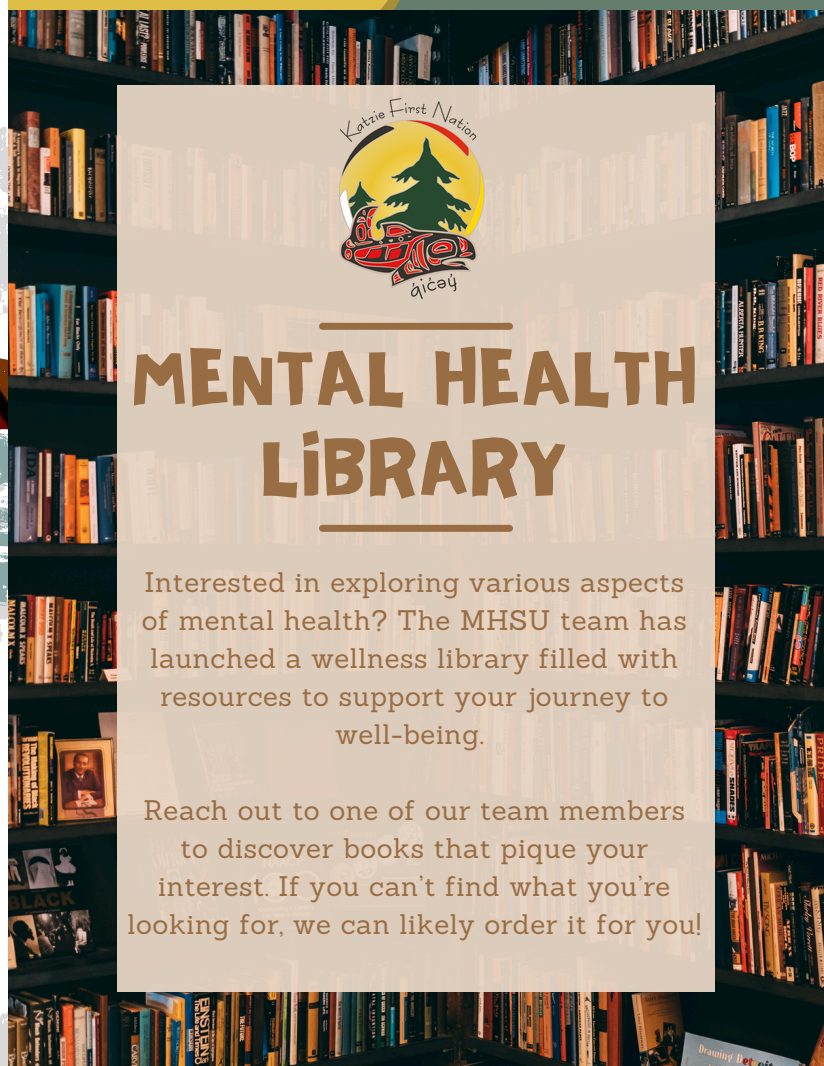
Let your voice be heard



MENTAL HEALTH LIBRARY

Interested in exploring various aspects of mental health? The MHSU team has launched a wellness library filled with resources to support your journey to well-being.

Reach out to one of our team members to discover books that pique your interest. If you can't find what you're looking for, we can likely order it for you!





First Nations Health Authority
Health through wellness

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.

Métis Crisis Line is a service of Métis Nation British Columbia.

Phone: 1-833-MétisBC

(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

Helpline 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

the 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 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 Nation 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.

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

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.interior-health.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.northern-health.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>



Administration Office: 604-465-8961 | Health and Community Centre: 604-465-8921
Katzie Early Years Centre: 604-458-0045 | Katzie Development Corp: 604-460-8837

Chief & Council	202	Chief Grace George	Health, Economic Development, Intergovernmental Affairs	grace@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
	208	Council David Kenworthy	Education, Culture, Human and Social Services	david@katzie.ca
Health	101	Peggy Florence	Reception/MOA	peggy@katzie.ca
	n/a	Grace George	Acting Director of Health Services	healthdirector@katzie.ca
	103	Barbara Larsen	Health Services Executive Assistant	healthservicesea@katzie.ca
	116	Alysha Khakh	Family Support/Social Worker	alysha@katzie.ca
	420	Allison Carcamo	Mental Health and Substance Use Coordinator	allison@katzie.ca
		Heather Dickson	MHSU Counsellor	MHSUCounsellor@katzie.ca
	421		Community Health Nurse	
	422	Jennifer Prince	Fraser Health MOA	jennifer.prince2@fraserhealth.ca
		Brittany Bold-de-Haughton	Outreach and Housing Support Worker	brittany@katzie.ca
Human & Social Services	427	Damian George	Cultural Healer & Support Worker	damian@katzie.ca
	407	Donna Leon	Human & Social Services Manager	donnaleon@katzie.ca
		Cameron Bailey	Income Assistance/Program Assistant	cameron@katzie.ca
	111	Meghan Florence	Youth Engagement & Education Coordinator	meghan@katzie.ca
	109	Victor Florence	Youth Lead	victor@katzie.ca
	114	Rosie Leon	Elders Traditional Kitchen & Event Coordinator	rleon@katzie.ca
		Bruce Leon	Elders Support Worker	bruce@katzie.ca
	n/a	Leslie Bailey	Building Service Maintenance Worker	leslie@katzie.ca