



April 25, 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 Health Authority
Health through wellness

HONOUR YOUR STRENGTH:

Our diabetes wellness journey



You are invited!



Who: People living with type 2 diabetes, and anyone wanting to learn about living well with type 2 diabetes

What:

- Eight session series introducing living well with diabetes
- Information sharing, storytelling, activities and building your own diabetes wellness plan

Where: Katzie Health and Community Centre – Boardroom

19700 Salish Road

Lunch will be served

There will be a door prize of \$25 for lucky winner

When: Session# 6 on April 29, 2025 @ 10:00 am
Group: 6-12 people

For more information or to register contact:

Mandy Atwal, RN(C): 604-464-8921
Cell # 236-332-6223





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.



All Ages Welcome



*"Push Your Limit and
Get Stronger"*

NEW FITNESS CLASSES

New Sunday time!

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





PREP TIME:
10 minutes

COOK TIME:
15 minutes

Cheeseburger Stuffed Baked Potato

INGREDIENTS

- 4 medium russet potatoes (about 8 ounces each)
- ½ cup low-fat mayonnaise
- 8 ounces cooked ground beef, warmed
- ½ cup shredded iceberg lettuce
- ½ cup diced tomato
- ¼ cup sliced red onion
- 4 teaspoons shredded Colby Jack cheese



DIRECTIONS

- Pierce potatoes all over with a fork. Microwave on Medium, turning once or twice, until soft, about 20 minutes. (Alternatively, bake potatoes at 425 degrees F until tender, 45 minutes to 1 hour.) Transfer to a clean cutting board and let cool slightly.
- Holding them with a kitchen towel to protect your hands, make a lengthwise cut to open the potato, but don't cut all the way through. Pinch the ends to expose the flesh.
- Top each potato with some mayonnaise, beef, lettuce, tomato, red onion and cheese. Serve warm.

Nutrition Facts

- Calories: 351
- Fat: 11g
- Carbs: 42g
- Protein: 20g
- Total Sugars: 3g

Q & A

QUESTION



Sometimes I wonder if I have grieved the loss of my family member properly. What does grief look like?

ANSWER

Great question! Grief is the feelings that we have after we have had a loss in our lives. It could be the loss of a loved one, a divorce or a change in your life situation. It is perfectly normal and it's important to know that there is no right way to grief. You might be more tired than usual, have no appetite, difficulty sleeping or unable to concentrate.... grief can take many forms. Some people think that because they haven't cried that they are not grieving. That is not necessarily true.

There is no specific time to grieve either and even if you have begun to readjust to your life, grief can still come up on specific dates like birthdays and anniversaries. Grief may look different depending on the type of loss and the severity of the loss. It's important to practice self-care, stick to routines as much as possible and to reach us for support. Cultural practices can be very helpful during this time as well.

However, if you need further support, it is important to reach out for counselling. Grief and Loss groups will be starting at the Mother Bear Wellness Den and individual counselling is also available.

Take care of yourself, Heather



Heather
MHSU Counsellor
609-834-0939



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 through FNHA
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
- Heather Dickson, MHSU Counsellor
 - MHSUcounsellor@katzie.ca
 - 604-834-0939
- 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.



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

April
2025

Katzie Womens Group

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

MONDAY

TUE WED THU SAT FRI SUN

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Dinner & Paint Party!
5:30- 8:15pm @ Health Center

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Aqua Zumba - Water Aerobics
530pm- Light meal @ Wellness Lounge
6pm - Leave to MR Leisure Center
7-8pm - Aqua Zumba

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No Group - Offices Closed

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Women Who Run With The Wolves
Dinner & Book Study / Self Exploration
530pm @ Wellness Lounge

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April

2025

Katzie Mens Group

Join us for Men's Group. Time to get together for an outing, or an activity and dinner.
Meet @ 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
email: Damian@katzie.ca or phone 778-239-3325

MON TUE

WEDNESDAY

THU FRI SAT SUN

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**No Group
(Warriors game on
friday April 4th)**

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Friday April 4th

**Warriors
Game &
Dinner
Sign up only**

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Rattle making- Sign Up Only

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Choice Pool Hall

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Richmond Go Carts

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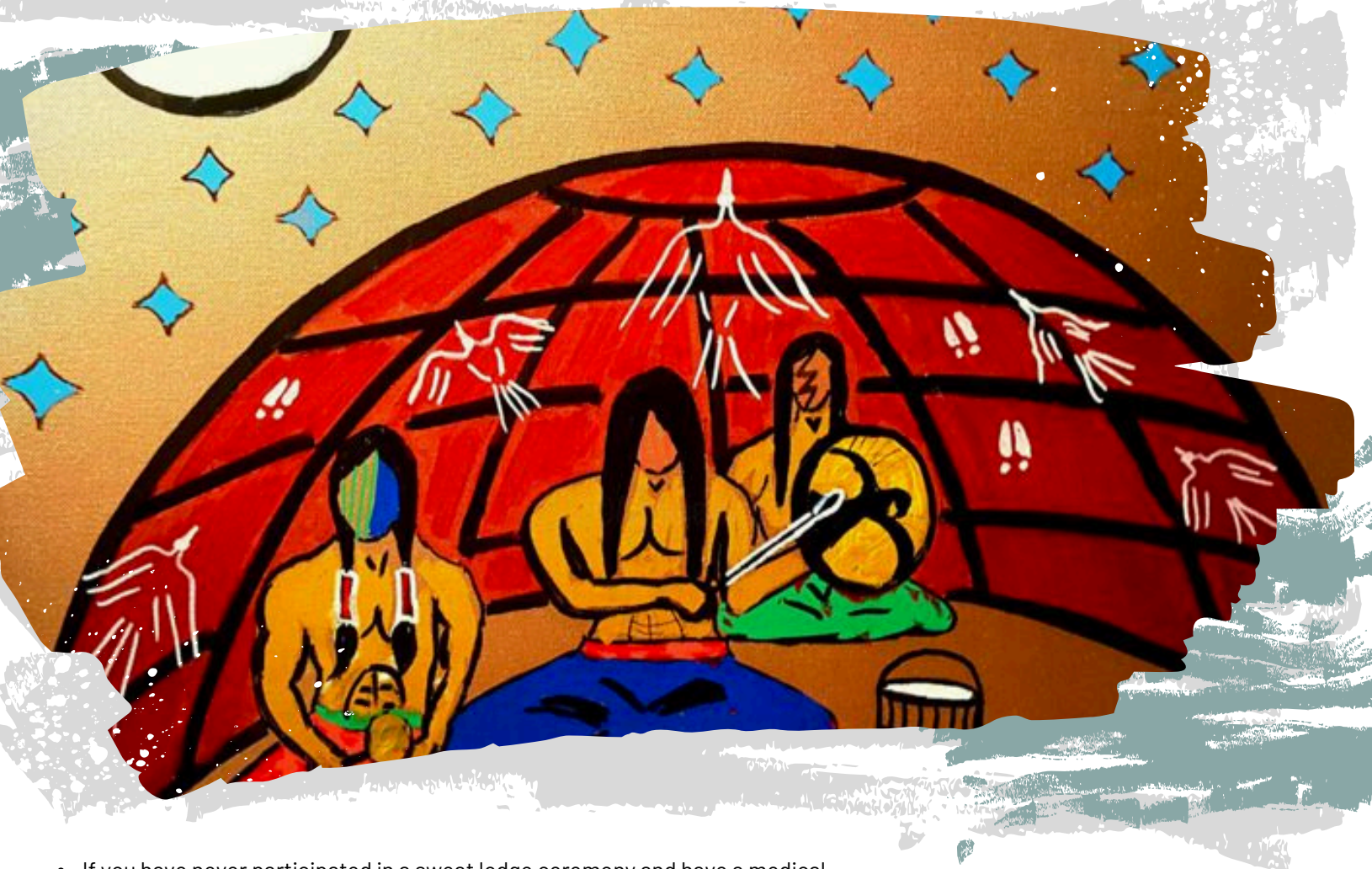
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Landmark Movies



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@katie.ca

Upcoming Dates:

- May Dates TBA | 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@katie.ca

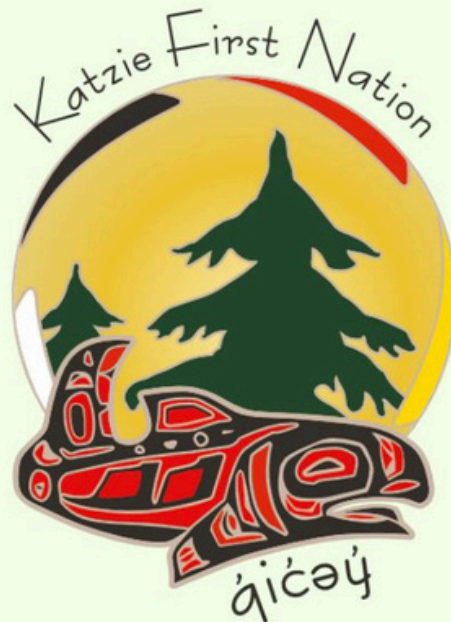
Promote your
Spiritual Wellness
with

Sage

Available for Pick up

At Katzie Health and Community Centre
with Reception

19700a Salish Rd
Pitt Meadows



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

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>

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	alysa@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
	427	Damian George	Cultural Healer & Support Worker	damian@katzie.ca
Human & Social Services	407	Donna Leon	Human & Social Services Manager	donnaleon@katzie.ca
		Cameron Bailey	Income Assistance/Program Assistant	cameron@katzie.ca
		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
	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