



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!



WELCOME TO THE TEAM, JENNA!

Indigenous Substance Use Clinician



Connecting with Jenna:

Jenna looks forward to meeting and connecting with members of the Katzie community.

Onsite: Tuesdays

8:30am - 4:00pm

To book an appointment, please contact Sonise at the Health and Community Centre:

604-465-8921

About Jenna:

Jenna is honoured to begin her journey with Katzie First Nation. She carries both Indigenous and settler lineage. Her father's Indigenous roots are from the **Stó:lō Nation** (Chief Emmet Liquitum) along with ancestry from Yorkshire, England. Her mother's ancestors come from Limerick, Ireland and Durham, Cheshire, and Staffordshire in England.

Jenna grew up on the **Tk'emlúps te Secwépemc territory (Kamloops)** and moved to the Fraser Salish region in the early 2000s. She has been on a lifelong journey reconnecting with her Indigenous culture after learning later in life about her Indigenous heritage.

She has spent **11 years working with Indigenous children, youth, and adults** across several territories including Musqueam, Squamish, Tsleil-Waututh, QayQayt, Kwantlen, Kwikwetlem, Stó:lō, and now ǵíćǵǵ (Katzie) First Nation. In 2025 she transitioned from **Vancouver Coastal Health to Fraser Health**, continuing her work supporting adults.

In her current role, Jenna provides **one-on-one counselling and facilitates group sessions**, believing that connection to community and culture plays an important role in healing.

Jenna is the proud mother of an energetic 18-month-old daughter who keeps her busy and inspired every day. She also shares her home with two dogs, Navi and Zelda, and her supportive partner of seven years.

All Our Relations,
kw'ás hó:y, Jenna



Reminder: The Importance of keeping your scheduled appointment.

your relationship with your Health Care professional is an important part of your treatment and overall wellness. Attending your scheduled sessions helps build the foundation needed for the meaningful, and sometimes challenging, work involved in your care.

Consistency supports progress.

If you need to cancel an appointment, please notify us as soon as possible by calling 604-465-8921. Early notice allows us to offer your appointment time to someone else who may be willing for care.

We also ask for your support respecting our practitioners' schedules and the time they dedicate to serving the community. If missed appointments continue without notice, we will need to have a conversation about next steps, as the service is still billed even a client does not attend.

Thank you for your understanding and cooperation. Your commitment helps us provide the best care possible.

The Health Team



PRIMARY CARE CLINIC

Now Booking Appointments with Dr Clay Marco!

Every Monday and Wednesday.

9:30 AM - 2:30 PM

Katzie Health and Community Centre

Call today to book your appointment

604-313-4281

Email: FS-FNPCI-FraserWest@fnha.ca

604-465-8921 ext 422

Spaces are limited, book early to secure your spot.

Services Provided through the FNHA team:

- Traditional Healing and Wellness
- Mental Health Counselling
- Nursing Services
- Family practice physicians
- Social Work
- Elder Support
- Harm reduction support



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.



Barnston Island Nurse onsite

Fraser Health Nurse Catalina will be visiting Tetoten Wellness Centre on Barnston island to provide nursing services to the Community.

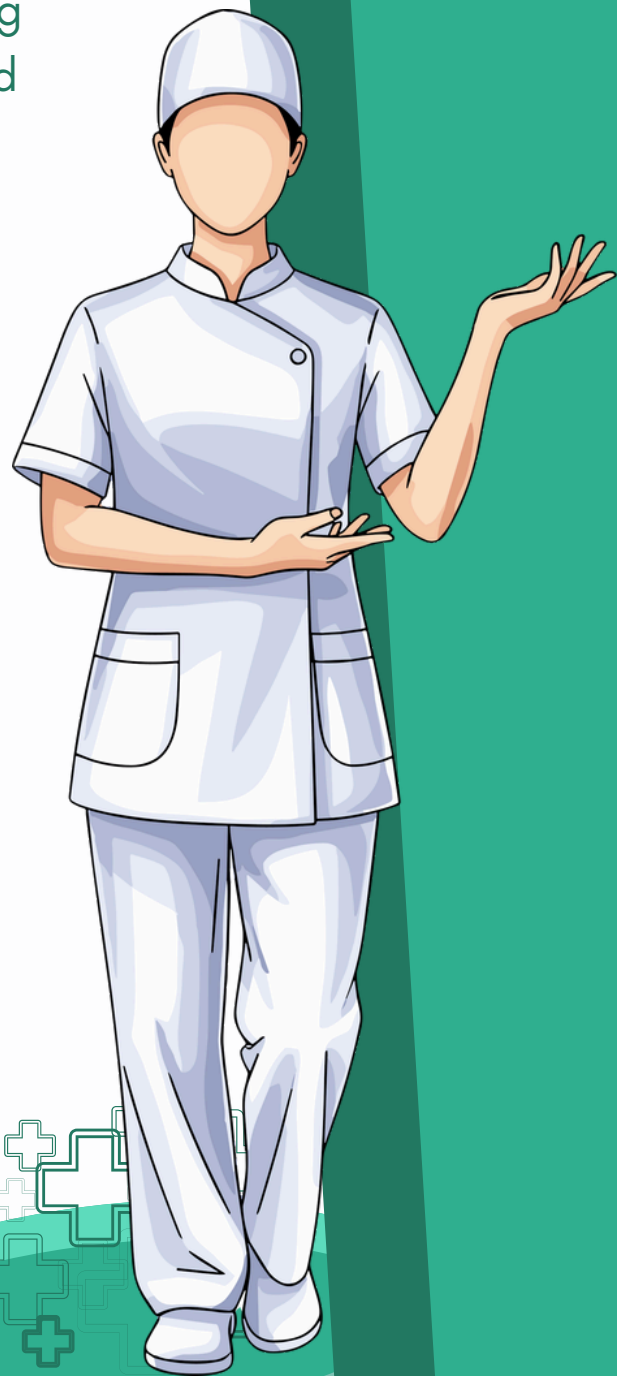
Every Wednesday

Time: 9:00am - 3:30pm

Place: Tetoten Wellness Centre,
Barnston Island

Community members are welcome to stop by during these hours for nursing care and support

If you would like to pre-book an appointment please call Jennifer MOA at 604-465-8921 ext 422



KATZIE FITNESS GROUP

80'S WEEK

Mixtape Memories

Come pump up the jams with us from 6:30-7:30pm in a nostalgia-filled workout session! Throw on your best neon gear, jelly bracelets, acid wash and leg warmers for a radical rewind. All equipment provided - bring a water bottle!

TUESDAY
APRIL
14

HAIRSPRAY & HEADBANGERS

Welcome to the jungle - rock out with us from 10:00-11:00am to some classic hairband hits! Tease those locks, cut those sleeves and practice your air guitar moves while we live on a prayer. All equipment provided - bring a water bottle!

SUNDAY
APRIL
19



LET THE PARTY BEGIN!

KATZIE HEALTH BUILDING
MAIN GYM



Light Strength & Conditioning Training

A gentle, accessible class designed to build functional strength, improve mobility, and support overall wellness. Perfect for beginners, Elders, or anyone looking to stay active with safe, low-impact movement.

New Participants:

If you are attending Tammy's fitness classes for the first time, please arrive 10 minutes early to fill out a participant waiver.

This will also give everyone a chance to communicate any injuries or personal goals with her.

Tuesday 6:30 PM - 7:30 PM

Sunday 10:00 AM - 11:00 AM

* 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

Don't forget to pack the following items:

- Towel
- Water



Free for all Katzie Members



Chance to win

Every Class all participants will have a chance to win a \$50 SportChek giftcard.

2026 April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Ivy Huang Counsellor 8:30am to 4:30pm Social Worker – FNHA – Sonya Sharma Mental Health Clinician David Kuzan 9:00am to 3:00pm Registered Nurses Dr. Marco 9:30am to 2:30pm Lacey Jackson Maple Ridge Community Corrections 1:30pm to 3:30pm	2 Nicole Ong Nurse Practitioner 8:00am to 4:00pm Jennifer Prince Fraser Health MOA 8:30am to 4:30 pm	3 Health Centre Closed Good Friday	4
5 Training with Tammy in the Gym 9:30am to 10:30am	6 Health Centre Closed Easter Monday	7 Jennifer Prince Fraser Health MOA 8:30am to 4:30 pm Jenna Gaines Indigenous Substance Use Clinician 8:30 to 4:00pm Emily Dunn Mental Health Liaison Nurse 1:00pm to 4:00pm Training with Tammy 6:30pm to 7:30pm	8 Ivy Huang Counsellor 8:30am to 4:30pm Social Worker – FNHA – Sonya Sharma Mental Health Clinician David Kuzan 9:00am to 3:00pm Registered Nurses Dr. Marco 9:30am to 2:30pm Roni from Legal Aid 10:00am to 11:00am	9 Nicole Ong Nurse Practitioner- Fraser Health 8:00am to 4:30pm Jennifer Prince Fraser Health MOA 8:30am to 4:30 pm Trish James - Spiritual Advisor 9:30am-3:00pm Clearlight Eyecare 8:30am-4:00pm	10 Nicole Ong Nurse Practitioner-Fraser Health 8:00am to 4:00pm Jennifer Prince Fraser Health MOA 8:30am to 4:30 pm Naturopath 10:00am to 2:00pm	11
12 Training with Tammy in the Gym 9:30am to 10:30am	13 Mental Health Clinician David Kuzan 9:00am to 3:00pm Dr. Marco 9:30am to 2:30pm Natalie from Fraser Health Youth Counselling 9:00am to 3:30pm SASSET-Štá-Ló Aboriginal Skills & Employment Training 9:00am to 2:15pm	14 Nicole Ong Nurse Practitioner- Fraser Health 8:00am to 4:00pm Jennifer Prince Fraser Health MOA 8:30am to 4:30 pm *Jenna Gaines-Indigenous Substance Use Clinician -Fraser Health 8:30 to 4:00pm Chinese Medicine with Karen 8:30 am to 3:00pm Training with Tammy 6:30pm to 7:30pm	15 Ivy Huang Counsellor 8:30am to 4:30pm Social Worker – FNHA – Sonya Sharma Mental Health Clinician David Kuzan 9:00am to 3:00pm Registered Nurses Dr. Marco 9:30am to 2:30pm Roni from Legal Aid 10:00am to 11:00am	16 Nicole Ong Nurse Practitioner- Fraser Health 8:30am to 4:30pm Jennifer Prince Fraser Health MOA 8:30am to 4:30 pm Reiki with Rachelle 8:30am to 2:00pm	17 Jennifer Prince Fraser Health MOA 8:30am to 4:30 pm Naturopath 10:00am to 2:00pm	18
19 No Workout	20 Mental Health Clinician David Kuzan 9:00am to 3:00pm Dr. Marco 9:30am to 2:30pm Natalie from Fraser Health Youth Counselling 9:00am to 3:30pm SASSET-Štá-Ló Aboriginal Skills & Employment Training 9:00am to 2:15pm	21 Jennifer Prince-Fraser Health MOA 8:30am to 4:30 pm Jenna Gaines Indigenous Substance Use Clinician 8:30 to 4:00pm Smile in Van 10:00am to 4:00pm Emily Dunn Mental Health Liaison Nurse 1:00pm to 4:00pm Training with Tammy 6:30pm to 7:30pm	22 Ivy Huang Counsellor 8:30am to 4:30pm Social Worker – FNHA – Sonya Sharma Mental Health Clinician David Kuzan 9:00am to 3:00pm Registered Nurses Dr. Marco 9:30am to 2:30pm	23 Nicole Ong Nurse Practitioner 8:00am to 4:00pm Jennifer Prince Fraser Health MOA 8:30am to 4:30 pm	24 Nicole Ong Nurse Practitioner-Fraser Health 8:00am to 4:00pm Jennifer Prince Fraser Health MOA 8:30am to 4:30 pm Naturopath 10:00am to 2:00pm	25
26 Training with Tammy in the Gym 9:30am to 10:30am	27 Mental Health Clinician David Kuzan 9:00am to 3:00pm Dr. Marco 9:30am to 2:30pm Natalie from Fraser Health Youth Counselling 9:00am to 3:30pm SASSET-Štá-Ló Aboriginal Skills & Employment Training 9:00am to 2:15pm	28 Nicole Ong Nurse Practitioner- Fraser Health 8:00am to 4:00pm Jennifer Prince Fraser Health MOA 8:30am to 4:30 pm Jenna Gaines Indigenous Substance Use Clinician 8:30 to 4:00pm Chinese Medicine with Karen 8:30am to 3:00pm	29 Ivy Huang Counsellor 8:30am to 4:30pm Social Worker – FNHA – Sonya Sharma Mental Health Clinician David Kuzan 9:00am to 3:00pm Registered Nurses Dr. Marco 9:30am to 2:30pm Roni from Legal Aid 10:00am to 11:00am	30 Nicole Ong Nurse Practitioner- Fraser Health 8:00am to 4:00pm Jennifer Prince Fraser Health MOA 8:30am to 4:30 pm		

For more information, or to book an appointment call the front desk at 604-465-8921

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
- COVID-19 mRNA vaccines [Pfizer & Moderna, new generation]


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 kits 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

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 Sonise. 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 sonise@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:

- **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



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

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
Ext: 202



Rick Bailey
Council
rick@katzie.ca
Ext. 207



Darcy Erickson
Council
darcy@katzie.ca
Ext. 208



David Kenworthy
Council
david@katzie.ca
Ext. 209

Health and Community Centre: 19700a Salish Road | 604-465-8921

101	Sonise Kittlitz	MOA Reception	sonise@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

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