



# 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!



## **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](mailto: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.

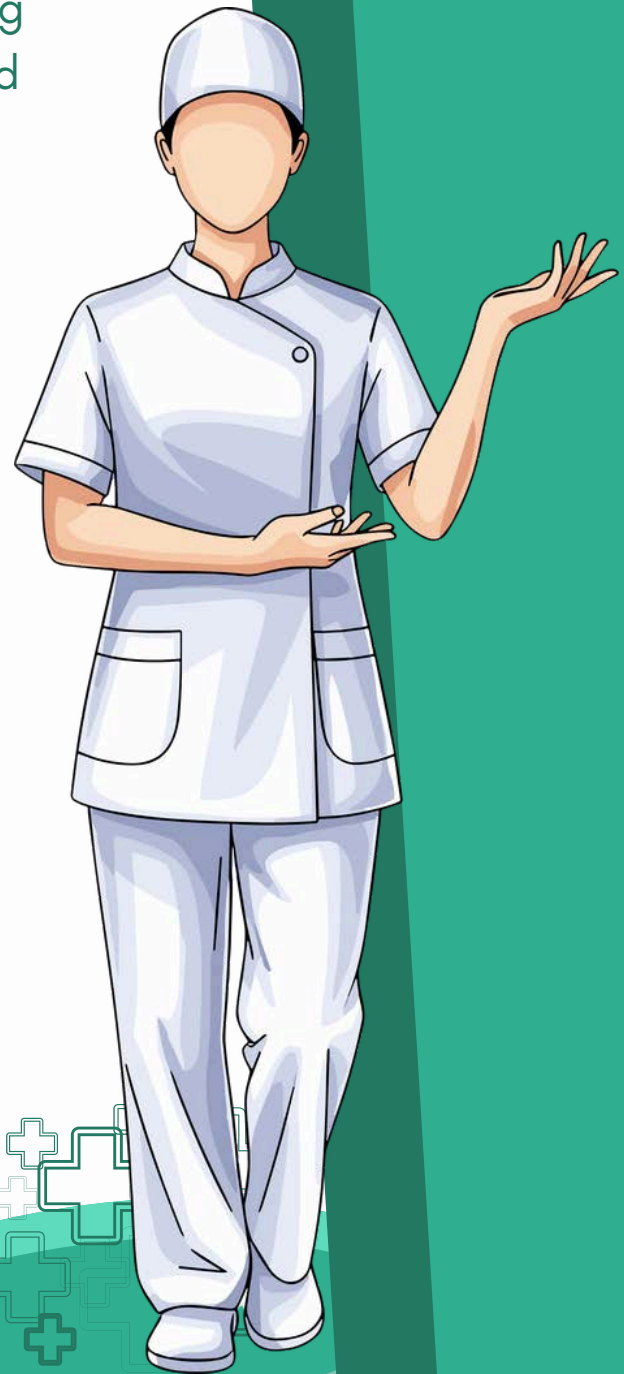
Every Wednesday

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

DATE  
CHANGED!

SUNDAY  
APRIL  
26

## 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!



LET THE PARTY BEGIN!



## 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



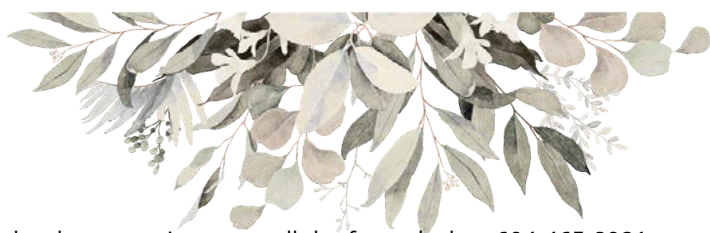
**Free for all Katzie Members**



### Chance to win

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

# 2020 April



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			<p>Ivy Huang, Counsellor 8:30am - 4:30pm</p> <ul style="list-style-type: none"> <li>Sonya Sharma - Social Worker - FNHA</li> <li>Mental Health Clinician David Kuzan</li> </ul> <p>9:00am - 3:00pm</p> <ul style="list-style-type: none"> <li>Registered Nurses</li> <li>Dr. Marco</li> </ul> <p>9:30am - 2:30pm</p> <p>Lacey Jackson - Maple Ridge Community Corrections 1:30pm - 3:30pm</p>	<p>Nicole Ong - Nurse Practitioner 8:00am - 4:00pm</p> <p>Jennifer Prince - Fraser Health MOA 8:30am - 4:30pm</p>	Health Centre Closed for Good Friday	
5 Training with Tammy in the Gym 9:30 - 10:30	Health Centre Closed for Easter Monday	6 Jennifer Prince - Fraser Health MOA 8:30am - 4:30pm  Jenna Gaines Indigenous Substance Use Clinician 8:30am - 4:00pm  Emily Dunn Mental Health Liaison Nurse 1:00pm - 4:00pm  Training with Tammy 6:30pm - 7:30pm	7 Ivy Huang, Counsellor 8:30am - 4:30pm	8 Nicole Ong - Nurse Practitioner 8:00am - 4:00pm  Jennifer Prince - Fraser Health MOA 8:30am - 4:30pm  Trish James - Spiritual Advisor 9:30am - 3:00pm  Clearlight Eyecare 8:30am - 4:00pm	9 Nicole Ong - Nurse Practitioner 8:00am - 4:00pm  Jennifer Prince - Fraser Health MOA 8:30am - 4:30pm  Naturopath 10:00am - 2:00pm	10 11
12 Training with Tammy in the Gym 9:30 - 10:30	13 Mental Health Clinician David Kuzan 9:00am - 3:00pm  Dr Marco 9:30am - 2:30pm  Natalie - FH Youth Counselling 9:00am - 3:30pm  SASET - Sto:lo Aboriginal Skills & Employment Training 9:00am - 2:15pm	14 Nicole Ong - Nurse Practitioner 8:00am - 4:00pm  Jennifer Prince - Fraser Health MOA 8:30am - 4:30pm  Jenna Gaines Indigenous Substance Use Clinician 8:30am - 4:00pm  Chinese Medicine with Karen 8:30am - 3:00pm  Training with Tammy 6:30pm - 7:30pm	15 Ivy Huang, Counsellor 8:30am - 4:30pm	16 Nicole Ong - Nurse Practitioner 8:00am - 4:00pm  Jennifer Prince - Fraser Health MOA 8:30am - 4:30pm  Reiki with Rachell 8:30am - 2:00pm	17 Jennifer Prince - Fraser Health MOA 8:30am - 4:30pm  Naturopath 10:00am - 2:00pm	18
19 No Workout	20 Mental Health Clinician David Kuzan 9:00am - 3:00pm  Dr Marco 9:30am - 2:30pm  Natalie - FH Youth Counselling 9:00am - 3:30pm  SASET - Sto:lo Aboriginal Skills & Employment Training 9:00am - 2:15pm	21 Jennifer Prince - Fraser Health MOA 8:30am - 4:30pm  Jenna Gaines Indigenous Substance Use Clinician 8:30am - 4:00pm  Emily Dunn Mental Health Liaison Nurse 1:00pm - 4:00pm  Training with Tammy 6:30pm - 7:30pm	22 Ivy Huang, Counsellor 8:30am - 4:30pm	23 Nicole Ong - Nurse Practitioner 8:00am - 4:00pm  Jennifer Prince - Fraser Health MOA 8:30am - 4:30pm	24 Nicole Ong - Nurse Practitioner 8:00am - 4:00pm  Jennifer Prince - Fraser Health MOA 8:30am - 4:30pm  Naturopath 10:00am - 2:00pm	25
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			<p>• Sonya Sharma - Social Worker - FNHA</p> <p>• Mental Health Clinician David Kuzan</p> <p>9:00am - 3:00pm</p> <ul style="list-style-type: none"> <li>Registered Nurses</li> <li>Dr. Marco</li> </ul> <p>9:30am - 2:30pm</p> <p>Roni from Legal Aid 10:00am - 11:00am</p>			

# 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

<b>Monday</b>	9:00am - 4:00pm
<b>Tuesday</b>	9:00am - 4:00pm
<b>Wednesday</b>	9:00am - 4:00pm
<b>Thursday</b>	9:00am - 4:00pm
<b>Friday</b>	9:00am - 4:00pm
<b>Saturday</b>	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?

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 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 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 [sonise@katie.ca](mailto:sonise@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:

- **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](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

## 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 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