



July 10, 2026

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!

FUNDING AVAILABLE FOR YOUTH SPORTS & SUMMER ACTIVITIES

Chief George has received many requests for support with youth sports and summer activities, and has secured funding assistance for eligible families.

At KFN, we recognize the important role that sports, recreation, and cultural activities play in the healthy development of our children and youth. Participation in these activities supports physical health, mental wellness, self-esteem, teamwork, leadership skills, and a strong sense of belonging. We also understand that the costs associated with registration, equipment, travel to cultural events, and programs can create challenges for families.

We do not want financial barriers to prevent our children and youth from accessing these valuable opportunities. KFN is committed to supporting families who are encouraging healthy, active lifestyles for their children.

EMAIL ALLISON CARCAMO AT ALLISON@KATZIE.CA FOR FUNDING SUPPORT INQUIRIES

Diabetes Awareness

Know the Facts. Take Control.

1. 1 in 10 adults lives with diabetes — early screening saves lives.
2. Monitoring blood sugar levels helps prevent serious complications.
3. A balanced diet and regular exercise lower your risk significantly.



KFN Health Department has carefully created wellness baskets to support those with Diabetes. If you would like to access these limited resources, please connect with Catalina at the Health Center.

You can reach Catalina at catalina.sababei@fraserhealth.ca or by calling 604-465-8921

Arthritis Awareness

Know the Signs. Protect Your Joints.

- 1.** Joint pain, stiffness, and swelling are early warning signs — don't ignore them.
- 2.** Early diagnosis and treatment can slow joint damage and improve quality of life.
- 3.** Low-impact exercise, stretching, and a healthy weight keep joints strong and flexible.



You can reach Catalina at catalina.sababei@fraserhealth.ca or by calling 604-465-8921

KFN Health Department offers joint health resources and wellness support for those living with arthritis. Connect with Catalina at the Health Center to learn more.

Youth Health & Wellness Clinic

Confidential • Judgement-free • Supportive Care
For ages 12-24

Location: Katzie Health and Community Centre
19700 Salish Rd.

Time: Fridays from 11:00–3:00

Dates: May 15, 29; July 10, 24; Aug 7, 21



Mental health support

Sexual health support

STI testing



Birth control and health questions

Referrals and community resources

Someone to talk to



Gender affirming care

Not sure if we can help? Come say Hi, Amanda NP
and Aimee would love to meet you

Walk-ins welcome!

RIDGE MEADOWS

• **FOUNDRY** •

Operated by MRPM Community Services



First Nations Health Authority

MEET & GREET
OUR PRIMARY CARE NURSES

MOMS & MUNCHKINS

nibble 'n learn

CONNECT WITH OTHER FAMILIES, SHARE EXPERIENCES,
AND LEARN TOGETHER IN A SUPPORTIVE & WELCOMING
SPACE

**WHO IS THIS
FOR?**

EXPECTING PARENTS
AND PARENTS WITH
BABIES

FEEDING, SAFE SLEEP,
DEVELOPMENT, DENTAL
HEALTH & MORE

**WE'LL TALK
ABOUT**

WEDNESDAY  JULY 15TH  11 AM-2 PM
LARGE WELLNESS ROOM IN KATZIE COMMUNITY CLINIC

x^wəlməx^w Maternal Child Health Pilot Program



If you are an Elder, Knowledge Keeper, pregnant or someone who has given birth: We would love to talk with you about Katzie teachings and experiences of birth and parenting.

Share your experiences and knowlesge in a 1-hour interview with Keisha Charnley, Indigenous midwife and Katzie First Nation Member. There are spots for 10 Elders/Knowledge Keepers and 10 birthers to participate.

An honorarium will be offered to thank you for your time.



The information being gathered is for Katzie and will be used to create culturally grounded health care programming for our nation. The stories will be gathered and shared in a resource for the community. **contact Keisha Charnley for more info or to get involved keishacharnley@gmail.com**

hay čx^w/ce:p qə! (Thank you)

Mother Bear Wellness Programs

Supporting Wellness in Community

Join us for counselling, creative workshops,
and safe spaces to connect. All are welcome.



SHEREE

TUESDAYS & WEDNESDAYS

INDIVIDUAL COUNSELLING



Booking Times:

11:00 AM/12:00 PM/1:00 PM



Call or Text:

236-335-7643

TUESDAYS



CREATIVE DROP IN

2:00 PM - 4:00 PM

Art & Bannock/Desserts

WEDNESDAYS



REDPATH GROUP

2:00 PM - 4:00 PM

JUSTIN

WEDNESDAYS

INDIVIDUAL SESSIONS



Booking Times:

EMAIL FOR AVAILABILITY



justinmenshealth@gmail.com

WEDNESDAYS

MENS WELLNESS DROP-IN

6:00 PM - 9:00 PM

A welcoming space for men to
connect, share, and support one
another.

CHARLOTTE (CYTHERA)

THURSDAYS

INDIVIDUAL COUNSELLING



Booking Times:

10:15 AM/11:15 AM/3:15PM



Call or Text:

604-329-6150

THURSDAYS

WOMEN'S DROP-IN

1:30 PM - 2:30 PM

A welcoming space for women to
connect, share, and support one
another.



ALL ARE WELCOME

Everyone belongs
Everyone is valued

*Walking together
in a good way.*



QUESTIONS OR FOR MORE INFORMATION

Please reach out to the contact above for the
program you are interested in.



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

First Nations Primary Care Centre Fraser West

FS-FNPCI-FraserWest@fnha.ca | 604.313.4281



First Nations Health Authority
Health through wellness

Fraser West provides locally available primary care services and allied health professionals to address the physical, mental, emotional and spiritual wellness of communities and the Urban and Away-from-Home population



Mina Johal

*Regional Manager, Clinical
Health & Wellness Services,
Fraser West*



Richard Tatomir

*Practice Lead
On leave*



Janeen Girvan

*Registered Nurse,
Acting Practice Lead*



Galli Kubari

Registered Nurse



Dr. Clay Marco

Physician



Rainbow Acoby

Nurse Practitioner



Oliver Wang

Mental Health Clinician



David Kazun

Mental Health Clinician



Sonya Sharma

Social Worker



Neeki Derhami

Medical Office Assistant



Samantha Cummings

Medical Office Assistant



Shawna August

Medical Office Assistant

Core Program Areas and Services

Traditional healing and wellness
Mental health counseling

Family practice physicians
Social work
Elder support

Nursing services
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**



FITNESS CLASSES



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:



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.



Let's work together to make your experience safe and successful!



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

GYMNASIUM

19700A Salish Road, Pitt Meadows



What to Bring:

- Towel
- Water



FREE

 FOR ALL
KATZIE MEMBERS

WIN A \$50 SPORTCHEK GIFT CARD!

Draw held during classes.

COME MOVE. GET STRONGER. FEEL BETTER. TOGETHER.

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Office Closed Stat Holiday - Canada Day	Fraser Health Nurse Practitioner 8:00am to 4:00pm Jennifer Prince Fraser Health MOA 8:30am to 4:00 pm Smile in a Van 8:30am to 4:00pm	Fraser Health Nurse Practitioner 8:00am to 4:00pm Jennifer Prince Fraser Health MOA 8:30am to 4:00 pm Naturopath 10:00am to 2:00pm	
5	6	7	8	9	10	11
Training with Tammy 10:00am to 11:00 am	Natalie from Fraser Health Youth Counselling 9:00am to 3:30pm SASET-Stó:Lō Aboriginal Skills & Employment Training 9:00am to 2:15pm FNHA Social Worker 9:00am to 3:00pm Dr. Marco 9:30am to 2:30pm	Chinese Medicine 9:00am to 3:00pm Fraser Health Nurse Practitioner 8:00am to 4:00pm Jennifer Prince Fraser Health MOA 8:30am to 4:00 pm Jenna Gaines Indigenous Substance Use Clinician 8:30 to 4:00pm Training with Tammy 6:30pm to 7:30pm	Dr. Marco 9:30am to 2:30pm Roni from Legal Aid 10:00am to 11:00am Lacey Jackson Maple Ridge Community Corrections 1:30pm to 3:30pm	Fraser Health Nurse Practitioner 8:00am to 4:00pm Jennifer Prince Fraser Health MOA 8:30am to 4:00 pm	Jennifer Prince Fraser Health MOA 8:30am to 4:00 pm Naturopath 10:00am to 2:00pm	
12	13	14	15	16	17	18
Training with Tammy 10:00am to 11:00 am	Mental Health Clinician David Kuzan 9:00am to 3:00pm Natalie from Fraser Health Youth Counselling 9:00am to 3:30pm SASET-Stó:Lō Aboriginal Skills & Employment Training 9:00am to 2:15pm FNHA Social Worker 9:00am to 3:00pm Dr. Marco	Reiki 9:00am to 2:00pm Jennifer Prince Fraser Health MOA 8:30am to 4:00 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	Mental Health Clinician David Kuzan 9:00am to 3:00pm Dr. Marco 9:30am to 2:30pm	Fraser Health Nurse Practitioner 8:00am to 4:00pm Jennifer Prince Fraser Health MOA 8:30am to 4:00 pm	Fraser Health Nurse Practitioner 8:00am to 4:00pm Jennifer Prince Fraser Health MOA 8:30am to 4:00 pm Naturopath 10:00am to 2:00pm	
19	20	21	22	23	24	25
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26	27	28	29	30	31	
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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).

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



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

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