



May 22, 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!



The 5 C's of Mental Health

Strong minds are built through connection, balance, and purpose.
These teachings help guide us through both calm waters and hard times.



Connection

We are not meant to walk alone.

Strong connections remind us who we are and where we belong.

Try this:

- Reach out to someone you trust
- Share a meal or a story
- Spend time with family or community



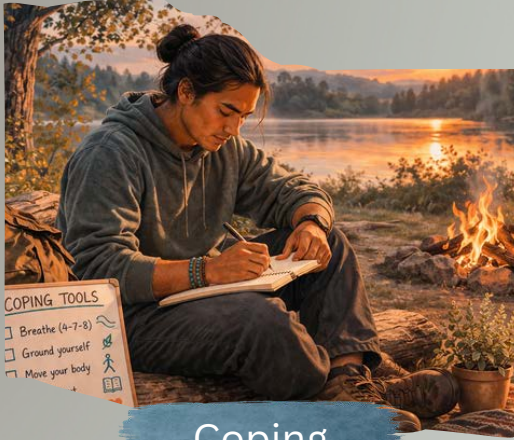
Compassion

Speak to yourself with Kindness.

The way you treat yourself matters just as much as how you treat others.

Try this:

- Replace self-criticism with gentle words
- Pause before reacting
- Name 3 things you're grateful for



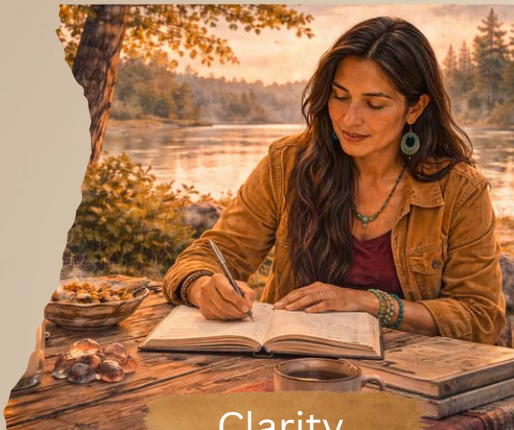
Coping

Hard moments come and go, how we respond matters.

Healthy coping helps carry us through the storm.

Try this:

- Take slow, deep breaths
- Step outside, even for a few minutes
- Create a list of what helps you feel calm



Clarity

Know your path. Walk it with honesty

Understanding yourself brings direction and strength

Try this:

- Reflect: What truly matters to me?
- Take one small step towards your goals
- Live in a way that aligns with your values



Control

Focus on what you can carry. Let go of what you cannot

Balance comes from knowing your limits and leaning on others

Try this:

- Set small, manageable goals
- Practice saying “no” when needed
- Stay connected to your community



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.

MAY 28TH
NO PROGRAM



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.

Foot Care & MOBILITY SERVICES

With Keiler Fulton, C.Ped (C)

Now Booking Appointments at the
Katzie Health and Community Centre

MEET YOUR PROVIDER

Keiler Fulton, C.Ped (C)

My name is Keiler Fulton, and I have spent more than 10 years helping people move better. I graduated with a Bachelor's Degree in Science from Simon Fraser University in 2016, and achieved my Diploma as a Canadian Certified Pedorthist (C.Ped (C)) in 2018.

My goal is to help people move more with less pain in whatever way works best for them. I do this by assessing your lifestyle, footwear, and any injuries or pain that may be limiting you and finding treatment options.



SERVICES AVAILABLE

Direct billing to First Nation's Health Authority

Custom-Made
Foot Orthotics

Custom-Made Footwear/
Footwear Modifications

Medical
Compression Stockings

Non-custom
lower limb bracing

Footwear function and
sizing recommendations



CLINIC DATE
June 2nd, 2026



**Katzie Health &
Community Centre**
BY APPOINTMENT ONLY



BOOKING INFO

Please contact the Katzie Health and Community Centre
to book your appointment **604-465-8921**

MEET & GREET

FNHA PRIMARY CARE TEAM

The FNHA First nations Led Primary Care Initiative - Fraser West Team Invites you to a Meet & Greet at the Tetoten Community Centre.

Join us for lunch and a chance to connect with the FNHA Primary Care team, who will be supporting primary care services in the community.

June 8, 2026

12:00 PM - 2:00PM

Tetoten Community Centre
Barnston Island

Lunch and Beverages will be provided

Meet your FNHA Care Team:



Mina Johal
Regional Manager, Clinical Health
& Wellness Services, Fraser West



Dr. Clay Marco
Physician



David Kazun
Mental Health Clinician



Sonya Sharma
Social Worker



Janeen Girvan
Registered Nurse



Donnabelle Labrado
Registered Nurse



Neeki Derhami
Medical Office Assistant

Shawna August
Medical Office Assistant

Rainbow Acoby
Nurse Practitioner

We are excited to get to know you and answer any questions you may have!

We look forward to seeing you there!





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**



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

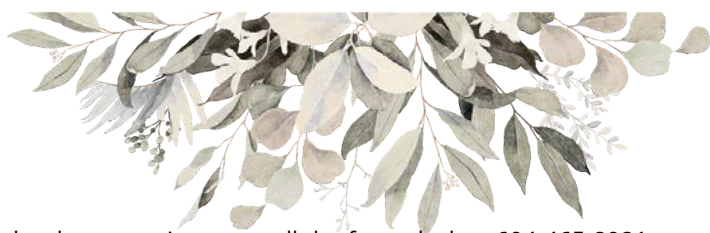
 FOR ALL
KATZIE MEMBERS

WIN A \$50 SPORTCHEK GIFT CARD!

Draw held during classes.

COME MOVE. GET STRONGER. FEEL BETTER. TOGETHER.

May



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Jennifer Prince, MOA Fraser Health 8:30am - 4:00pm	
Training with Tammy in the Gym 9:30 - 10:30	David Kuzan Mental Health Clinician 9:00am - 3:00pm Dr Marco 9:30am - 2:30pm Natalie - Youth Counselling Fraser Health 9:00am - 3:30pm SASET - Sto:lo Aboriginal Skills & Employment Training 9:00am - 2:15pm Immunization Clinic Fraser Health 2:00pm - 5:00pm	Jennifer Prince, MOA Fraser Health 8:30am - 4:00pm Jenna Gaines Indigenous Substance Use Clinician 8:30am - 4:00pm Smile in a Van 10:00am - 4:00pm Emily Dunn Mental Health Liaison Nurse 1:00pm - 4:00pm Training with Tammy 6:30pm - 7:30pm	Ivy Huang, Counsellor 8:30am - 4:30pm David Kuzan Mental Health Clinician 9:00am - 3:00pm Dr Marco 9:30am - 2:30pm Roni from Legal Aid 10:00am - 11:00am Lacey Jackson Maple Ridge Corrections 1:30pm - 3:30pm	Nicole Ong Nurse Practitioner 8:00am - 4:30pm Jennifer Prince, MOA Fraser Health 8:30am - 4:30pm	Nicole Ong Nurse Practitioner 8:00am - 4:30pm Jennifer Prince, MOA Fraser Health 8:30am - 4:30pm Naturopath 10:00am - 2:00pm	
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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?

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

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

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