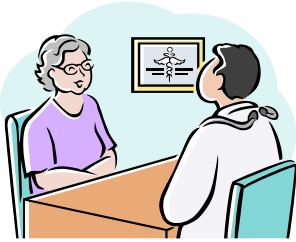


# Q'wemtsín Health Society Newsletter



## Confidentiality Awareness



### What is Confidentiality?

Confidentiality is a set of rules or a promise that limits the access to certain types of information.

### Why is Confidentiality Important?

It is important because it is there to ensure that any type of personal information shared is not revealed to people other than the client.

Third parties such as, Friends and family, may only receive released information if given written consent by the client.

*Can you tell me if they are there?  
How did their appointment go? What time will she be done?  
Is my relative there?  
Do they have an appointment this week?*

These are the types of questions we would be happy to answer but due to privacy laws we are unable to provide them to you.  
Thank you for your understanding!

### Inside this issue

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If you would like a copy of the QHS monthly newsletter please contact Lee-Anne Deneault at 250.314.6732

### St. Patrick's Day



# QHS Calendar



March 2015

| Sunday | Monday  | Tuesday   | Wednesday  | Thursday                          | Friday | Saturday |
|--------|---|---|--|-----------------------------------|--------|----------|
|        | QHS Clinic Day<br>Melissa Bradwell  | Diane Procter<br><b>SIB</b>   | QHS Clinic Day<br>Melissa Bradwell   | Diane Procter<br><b>SIB</b>       |        |          |
| 1      | 2 Injury Surveillance Info. Session<br><br>Foot care Clinic<br><b>SIB</b> | 3 QHS Clinic Day<br>Karen Irving<br><br>Picku SIB   | 4 Clinic Day SIB<br>Melissa Bradwell<br>Naturopath<br><br>Picku QHS  | 5 QHS Clinic Day<br>Karen Irving  | 6      | 7        |
| 8      | 9   | 10<br><br>Picku SIB   | 11 QHS Board meeting<br><br>QHS Dental Day<br>Picku QHS  | 12 QHS Clinic Day<br>Karen Irving | 13     | 14       |
| 15     | 16 QHS Footcare   | 17 Clinic Day SIB<br>Karen Irving, NP<br><br>Picku SIB | 18 SIB Playgroup<br><br>Picku QHS  | 19 QHS Clinic Day<br>Karen Irving | 20     | 21       |
| 22     | 23 QHS Footcare   | 24 QHS Clinic Day<br>Karen Irving<br><br>Picku SIB  | 25 Everything Her Day<br><br>WP Clinic Day<br>Melissa Bradwell<br>Picku QHS  | 26 QHS Clinic Day<br>Karen Irving | 27     | 28       |
| 29     | 30 QHS Footcare<br><br>Picku Whispering Pines/Clinton                     | 31 QHS Clinic Day<br>Karen Irving<br><br>TIB Play Group<br>Picku SIB  | <b>REMINDER:</b><br>Appointments for Skeetchestn must be booked through health Clinic at 250.373.2580. Appointments for QHS must be booked through QHS at 250.314.6732 |                                   |        |          |

# QHS Naturopath and Whispering Pines/ Clinton Indian Band



Dr. Melissa Bradwell will be going out to the Whispering Pines/Clinton Indian Band to provide naturopathic services. The Naturopath provides a holistic and natural approach to modern day medicine.

Melissa realizes the importance of a healthy body and spirit and focuses on putting the patient back in the driver's seat when it comes to their health. This service will be available to the Whispering Pines community at the Band Office on the last Wednesday of every month from 9:00am to 12:00pm.

**To book you're your appointment for:**

**Wednesday, February 25th contact QHS at 250.314.6732**

Natural Therapies and Treatment Options:

- Clinical nutrition
- Botanical Medicine
- Homeopathic Medicine
- Traditional Chinese Medicine/Acupuncture
- Prevention and Lifestyle Counseling

If you would like more information on these services please contact Melissa at QHS on Mondays or Wednesdays.



# *Tk'emlúps te Secwepemc Baby Welcome Ceremony*



*Please join us in welcoming the babies of  
Tk'emlúps te Secwepemc  
Born between April 1st, 2014 to March 31st, 2015*

*Date: Thursday April 9th, 2015*

*Location: Moccasin Square Garden Gymnasium*

*Time: 5:00 pm - 8:00 pm*

*Dinner will be provided*

*Please RSVP your attendance and guests no later  
than*

*Monday March 30th, 2015 to QHS at  
250-314-6732*





# Skeetchestn Indian Band



## Baby Welcome Ceremony



*Please join us in welcoming the babies of  
Skeetchestn Indian Band  
Born between April 1st, 2014 to March 31st, 2015*



*Date: Thursday April 16th, 2015*

*Location: Skeetchestn Indian Band Gymnasium*

*Time: 5:00 pm - 8:00 pm*

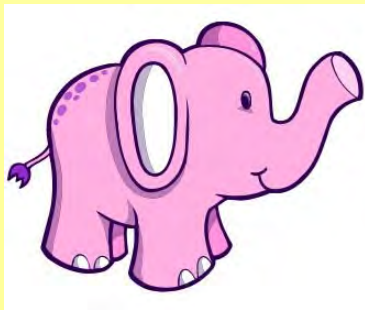
*Dinner will be provided*



*Please RSVP your attendance and guests no later than*

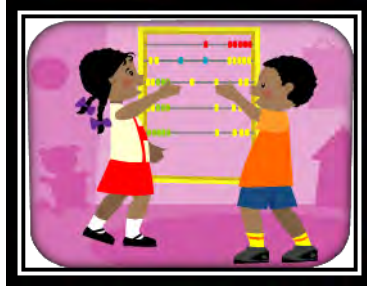
*Monday April 6th, 2015 to QHS at*

*250-314-6732*





# **TIB PLAY GROUP**



**Play Group Starts: March 31, 2015**

**Time: Every second Tuesday from 9 am – 11 am.**

**Location: Full Circle Youth Centre on Kamloopa Rd.**

Play Group is for parents with children  
ages 0-5.

Program is ongoing & on a drop-in basis.

**New play group for parents/family/caregivers!  
Make connections and strengthen support systems with  
other parents, while your children play and socialize!  
Light snacks will be provided.**

Hosted by: Q'wemtsin Health Society and Tk'emlúps te Secwepemc Social Development Department.

If you need more information please contact Sarah Bennett (CHN) at 250-314-6732

or Kelly Jacobson at 250-828-9705.



## Skeetchestn FAMILIES & TOTS GROUP

Date: Wednesday, March 18

Time: 11:30am to 1:00pm

Place: Skeetchestn Health Clinic

At QHS we believe family comes first. That is why every month we like to get together with families within the Skeetchestn community. The group is based on family connection as well as, community connection!

If you are interested or have any questions please call SIB clinic at 250.373.2580



**SPONSORED BY: QHS**



# *You are Invited.... Everything Her Day*



*This FREE event is open to WOMEN from  
Skeetchestn  
Tk'emlúps*

*Whispering Pines / Clinton Indian Band*

*Date: Wednesday, March 25, 2015*

*Time: 11:00am - 2:00pm*

*Place: Hoodoos at Sun Rivers*

*Lunch will be provided!*



*This event is specifically for Band Members and Community Members.  
Must be 18 years of age to attend. Please no men or children allowed!*

*Please RSVP to the Front Desk at QHS by March 16th, 2015.*

*Phone: 250.314.6732 Fax: 250.314.6742*

*Email: [qhs@qwemtsin.org](mailto:qhs@qwemtsin.org)*





# KIDS PAGE

## What Sleep Is and Why All Kids Need It



### Why You Need Sleep

The average kid has a busy day. There's school, taking care of your pets, running around with friends, going to sports practice or other activities, and doing your homework. By the end of the day, your body needs a break. Sleep allows your body to rest for the next day.

Everything that's alive needs sleep to survive. Even your dog or cat curls up for naps. Animals sleep for the same reason you do — to give your body a tiny vacation.

### Your Brain Needs Zzzzzs

Your body and your brain need sleep. Though no one is exactly sure what work the brain does when you're sleeping, some scientists think that the brain sorts through and stores information, replaces chemicals, and solves problems while you snooze.

Most kids between 5 and 12 get about 9.5 hours a night, but experts agree that most need 10 or 11 hours each night. Sleep is an individual thing and some kids need more than others.

When your body doesn't have enough hours to rest, you may feel tired or cranky, or you may be unable to think clearly. You might have a hard time following directions, or you might have an argument with a friend over something really stupid. A school assignment that's normally easy may feel impossible, or you may feel clumsy playing your favorite sport or instrument.



One more reason to get enough sleep: If you don't, you may not grow as well. That's right, researchers believe too little sleep can affect growth and your immune system — which keeps you from getting sick.





## The Stages of Sleep

As you're drifting off to sleep, it doesn't seem like much is happening . . . the room is getting fuzzy and your eyelids feel heavier and heavier. But what happens next? A lot!

Your brain swings into action, telling your body **how** to sleep. As you slowly fall asleep, you begin to enter the five different stages of sleep:

### Stage 1

In this stage of light sleep, your body starts to feel a bit drowsy. You can still be woken up easily during this stage. For example, if your sister pokes you or you hear a car horn outside, you'll probably wake up right away.

### Stage 2

After a little while, you enter stage 2, which is a slightly deeper sleep. Your brain gives the signal to your muscles to relax. It also tells your heart to beat a little slower and your breathing to slow down. Even your body temperature drops a bit.

### Stage 3

When you're in this stage, you're in an even deeper sleep, also called slow-wave sleep. Your brain sends a message to your blood pressure to get lower. Your body isn't sensitive to the temperature of the air around you, which means that you won't notice if it's a little hot or cold in your room. It's much harder to be awakened when you're in this stage, but some people may sleepwalk or talk in their sleep at this point.

### Stage 4

This is the deepest sleep yet and is also considered slow-wave sleep. It's very hard to wake up from this stage of sleep, and if you do wake up, you're sure to be out of it and confused for at least a few minutes. Like they do in stage 3, some people may sleepwalk or talk in their sleep when going from stage 4 to a lighter stage of sleep.

**Remember to get your sleep kids!**



# The Naturopathic Alphabet

Submitted by: Dr. Melissa Bradwell, ND

Milk thistle is a plant whose fruit and seeds have been used for more than 2,000 years as a treatment for disorders of the liver, bile ducts, and gallbladder. Milk thistle is native to Europe but can also be found in the United States and South America.

The medicinal ingredient found in milk thistle is silymarin, an extract of milk thistle seeds. It is an antioxidant that protects against cell damage. Silymarin contains several compounds, including silybin and the data in the literature indicates that Milk Thistle acts in four different ways:

as antioxidants, scavengers and regulators of the intracellular content of glutathione;  
as cell membrane stabilizers and permeability regulators that prevent hepatotoxic agents from entering hepatocytes;  
as promoters of ribosomal RNA synthesis, stimulating liver regeneration; and  
inhibits the deposition of collagen fibres leading to cirrhosis. The key mechanism that ensures liver protection appears to be free radical scavenging. Anti-inflammatory and anti-cancer properties have also been documented.

Silymarin is also able to neutralize the liver toxicity of several agents, including alcohol, acetaminophen.

## Silymarin- Milk Thistle

### Benefits of Silymarin:

- supports healthy liver function and tissue integrity
- protects liver tissue by supporting normal cellular defenses
- aids in the elimination of normal toxin accumulation in the liver
- supports the normal processing of hormones in the body
- supports normal bile secretion
- encourages healthy protein synthesis
- supports healthy skin
- promotes normal response to environmental stresses
- enhances healthy bowel function

#### References:

<http://www.cancer.gov/cancertopics/pdq/cam/milkthistle/Patient/page2>

<http://www.webmd.com/heart-disease/milk-thistle-benefits-and-side-effects>



Continued on next page.....

# The Naturopathic Alphabet...continued

Submitted by: Dr. Melissa Bradwell, ND

## Silymarin- Milk Thistle

### Milk Thistle in Cancer Treatments:

Silymarin and silybin have been studied in the laboratory in cancer cells as well as in animal tumors of the tongue, skin, bladder, colon, and small intestine. They have been tested for their potential to:

- I. Make chemotherapy less toxic.
- II. Make chemotherapy more effective.
- III. Stop or slow the growth of cancer cells and block tumors from starting or continuing to grow.
- IV. Help to repair liver tissue.

### How Do You Take Milk Thistle?

Milk thistle is usually taken by mouth in capsules or tablets. Since it does not dissolve well in water, it is not commonly taken as an herbal tea. Milk thistle can be combined with other herbs.

### Does Milk Thistle Have Any Side Effects?

Very few bad side effects from the use of milk thistle or silymarin have been reported when taken as recommended. Several large, carefully designed studies in patients with liver disorders have found that taking silymarin may rarely have a laxative effect or cause nausea, heartburn, or stomach upset.

At high doses, mild allergic reactions have been seen (more than 1,500 milligrams a day), especially in those with ragweed allergy.

If you would like more information about milk thistle please contact Dr. Melissa Bradwell at Q'wemtsín Health Society 250.314.6732

#### References:

<http://www.cancer.gov/cancertopics/pdq/cam/milkthistle/Patient/page2>

<http://www.webmd.com/heart-disease/milk-thistle-benefits-and-side-effects>



Re K'wéíllq te Stemét

Garden of Friends

Es Knúcwentenecw-kt

Working together



The garden at QHS has been touched over the years by many a caring hand. The space is referred to as a healing garden or the garden of friends. This year, the hope is for staff to adopt the garden. A testament to the quality of care we provide in community and the strength of a team of amazing individuals.

In this small, gently way, we can create something beautiful to share with everyone who walks through the doors of QHS.

Of course community members are welcome to participate in the garden. If you would like to participate or would like information please contact Q'wemtsín Health Society at 250.314.6732.

**We look forward to another wonderful year in the Garden of Friends!**

# Q'wemtsín Health Society Dental Department Open House

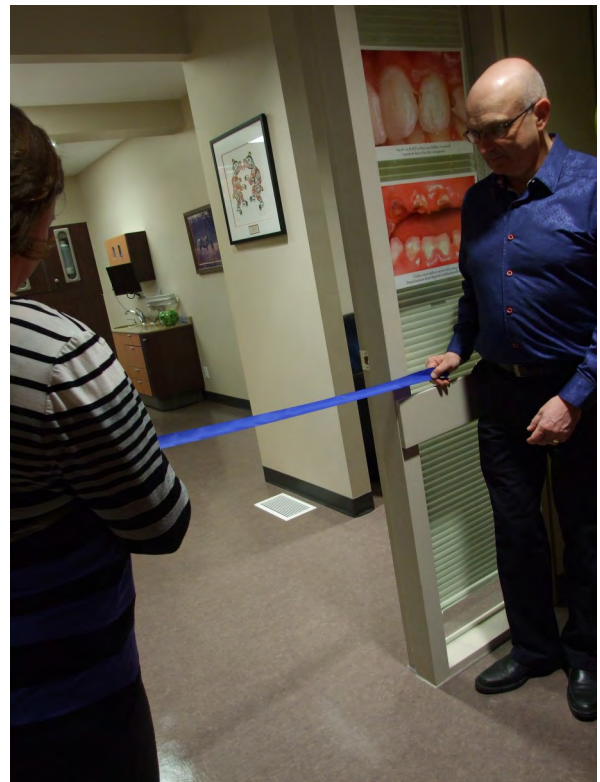
Q'wemtsín Health society is pleased to announce the opening of our brand new Dental Clinic. To celebrate the new dental clinic QHS hosted a grand opening on Wednesday, February 25th.

The clinic will offer basic dental services such as:

- Dental examinations
- Digital X-rays (diagnostic imaging)
- Restorations (fillings)
- Extractions
- Preventative dentistry
- Periodontal maintenance (cleanings)



The dental clinic is for available for registered band members of Tk'emlúps te Secwepemc and Skeetchestn. To book an appointment call QHS at 250.314.6732.





# Easy Breakfast Recipe

## Muffin Tin Breakfast

### Ingredients:

- 1 dozen eggs
- Veggies (mushrooms, tomatoes, asparagus and garlic)
- EVOO
- Muffin tin



### Directions:

- Preheat oven to 350
- Chop veggies small
- Sautee in pan with EVOO and garlic for about 4 minutes. Not too long because it will cook more in the oven. Add salt, pepper, any seasoning you like. Set aside.
- In a large bowl beat all 12 eggs add a tiny splash of water to add some fluff to your eggs
- Spray/lightly oil muffin tin. Eggs will stick!
- Scoop veggies into muffin tin. Top with egg mixture.

Place egg mixture in the oven for 20 minutes or until you see the eggs start to puff up. Take out and let sit for 5 minutes. After it has set, take a knife and circle each muffin tin to release the egg. Enjoy and eat!

You can place the rest of muffins in zip lock bag and place in fridge. Eggs will stay good in fridge for up to 4 days. You can store in plastic zip lock bag or glass container. Try putting a paper towel inside the bag to absorb any moisture the eggs release. You reheat eggs in microwave for 45 seconds.

Resource: <http://www.laurenhefez.com/blog/2013/08/09/muffin-tin-baked-eggs-recipe-great-breakfast-for-the-on-the-go-person>





# Measles

## What is measles?

Measles, also known as red measles, is a severe illness caused by the measles virus.

Measles can cause encephalitis, an inflammation of the brain, which can lead to seizures, deafness, or brain damage. One person in every 3,000 with measles may die from complications. Complications and death are most common in infants less than 12 months of age and in adults.

Complications of measles can include:

- Ear infections (1 in 10 cases)
- Diarrhea (8 in 100 cases)
- Pneumonia (1 in 10 cases)
- Hospital stay (1 to 2 in 10 cases)
- Encephalitis (1 in every 1,000 cases)

Because of immunization, measles is now a rare disease in Canada. Most cases occur in unimmunized people, including visitors to Canada, who have traveled overseas.

## Is there a measles vaccine?

There are 2 vaccines available in B.C. that provides protection against measles:

1. Measles, Mumps, Rubella (MMR) Vaccine
2. Measles, Mumps, Rubella and Varicella (MMRV) Vaccine

The vaccines are provided free as part of routine childhood immunizations and to others that need protection against measles. For more information, see HealthLinkBC File #14a Measles, Mumps, Rubella (MMR) Vaccine and HealthLinkBC File #14e Measles, Mumps,

Rubella and Varicella (MMRV) Vaccine.

## How is measles spread?

Measles is very contagious and spreads easily. When an infected person breathes, coughs, or sneezes, the virus spreads through the air. The measles virus can survive in small droplets in the air for several hours. You can become infected when you breathe in these droplets or touch objects contaminated with the virus. The airborne spread of measles virus makes the disease very contagious. Sharing food, drinks or cigarettes, or kissing someone who has the virus can also put you at risk.

## What are the symptoms?

Symptoms of measles include fever, cough, runny nose, and red and inflamed eyes that are often sensitive to light. These symptoms are followed by a rash, which starts first on the face and neck, and spreads to the chest, arms and legs, and lasts about 4 to 7 days. There may also be small white spots inside the mouth.

Symptoms can start as soon as 7 days after a person is infected with the measles virus.

## What if I have been exposed to measles?

If you have been exposed to the measles virus and have not had the disease or received 2 doses of a measles vaccine, you should get immunized to prevent the illness. You need to get the vaccine within 72 hours after exposure in order to be protected against the measles virus. People born before



1970 do not need to get the vaccine as they have probably had measles.

If the vaccine cannot be given in time or it is not recommended that you receive the vaccine, you may be given immune globulin for protection. Immune globulin contains antibodies taken from donated human blood. Antibodies are proteins that a person's immune system makes to fight germs, such as viruses or bacteria. Immune globulin provided within 6 days of being exposed to measles can protect against measles infections or make the illness less severe. For more information, see HealthLinkBC File #63 Immune Globulin.

## What should I do if I think I have measles?

If you have fever and a rash and think you may have measles, especially if you have been in contact with someone with measles or traveled to an area with a measles outbreak, have yourself examined by a health care provider. It is best to call ahead so that you can be seen quickly and without infecting other people. Measles can spread easily in places like waiting rooms and emergency rooms. The doctor or triage nurse can make sure that you are taken into a closed area for an examination and attend the clinic at a time when the waiting room is empty. Bring your immunization record with you. A physical examination, blood test, and throat swab or urine sample will be collected to make the diagnosis of measles.

## How can I prevent spreading measles to others?

A person with measles can spread the virus to others from 4 days before to 4 days after their rash first appears. If you have measles you can help prevent spreading it to others by:

- Staying at home for at least 4 days after the rash first appeared.

- Washing your hands regularly.
- Coughing or sneezing into a tissue or sleeve rather than your hands.
- Not sharing food, drinks or cigarettes, or kissing others.

## What is the home treatment?

After seeing a health care provider, the following home treatment tips may help you to be more comfortable while you rest and recover.

- Drink plenty of fluids such as water, juice and soup, especially if you have a fever.
- Get plenty of rest.

Acetaminophen or Tylenol® can be given for fever or soreness. ASA or Aspirin® should NOT be given to anyone under 20 years of age due to the risk of Reye Syndrome.

For more information on Reye Syndrome, see **HealthLinkBC File #84 Reye Syndrome**. For more information on immunizations visit ImmunizeBC at **www.immunizebc.ca**.

For more HealthLinkBC File topics, visit [www.HealthLinkBC.ca/healthfiles](http://www.HealthLinkBC.ca/healthfiles) or your local public health unit.

Click on [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca) or call **8-1-1** for non-emergency health information and services in B.C.

For deaf and hearing-impaired assistance, call 7-1-1 in B.C.

Translation services are available in more than 130 languages on request.



## Update re: Measles

There are currently **no** confirmed cases of measles in Interior Health. As of Feb. 10, 2015, California has had 107 confirmed cases of measles with 39 cases visiting Disneyland where they are presumed to have been exposed.

In addition, there have been recent cases of measles in Toronto, ON. If you are planning on travelling, please ensure that all your immunizations are up to date.

Children receive their first dose of measles containing vaccine at 12 months and their second dose at ages 4-6 years (second dose was previously given at 18 months).

Individuals born before January 1, 1970 (January 1, 1957 for healthcare workers) are considered immune if they report a history of disease or at least one dose of vaccine, otherwise they can be offered 2 doses of measles containing vaccine.

Individuals born Jan 1, 1970 and later (January 1, 1957 for HCW) will require either lab evidence of immunity or documentation of doses of live measles vaccine given at 12 months of age and older and at least 4 weeks apart to be considered immune.

Individuals can be immunized by calling a community health nurse at Q'wemtsín Health Society at 250-314-6732.

# Wood Ticks

## How to avoid tick bites:

- Learn where ticks and deer that carry ticks are most commonly found in your community. Avoid those areas if possible.
- Cover as much of your body as possible when working or playing in grassy or wooded areas. Wear a hat, a long-sleeved shirt, and long pants with the legs tucked into your socks. Keep in mind that it is easier to spot ticks on light-colored clothes.
- Use insect repellents, such as products with DEET.
- Clear leaves, brush, tall grasses, woodpiles, and stone fences from around your house and the edges of your yard or garden. This may help reduce ticks and the rodents that the ticks depend on.
- Remove plants that attract deer, and use barriers to keep deer—and the deer ticks they may carry—out of your yard.

## Checking for ticks

- When you come in from outdoors, check all over your body for ticks, including your groin, head, and underarms. Comb your hair with a fine-toothed comb, or have someone check your scalp.
- To remove ticks from clothing, put your clothes in a hot dryer or hang them out in the sun on a hot day for at least 15 minutes. The heat can kill the ticks. Also check for ticks on any gear you had with you in the woods.
- Check your children daily for ticks, especially during the summer months.

**Check your pets for ticks after they've been outdoors. Your pets can carry infected ticks indoors where they might fall off your pet and attach to you.**

## How to remove a tick



Use fine-tipped tweezers to remove a tick. If you don't have tweezers, put on gloves or cover your hands with tissue paper, then use your fingers. Do not handle the tick with bare hands.

- Grab the tick as close to its mouth (the part that is stuck in your skin) as you can. The body of the tick will be above your skin.
- Do not grab the tick around its swollen belly. You

could push infected fluid from the tick into your body if you squeeze it.

- Gently pull the tick straight out until its mouth lets go of your skin. Do not twist the tick. This may break off the tick's body and leave the head in your skin.
- Put the tick in a dry jar or zip lock bag and save it in the freezer for later identification if needed.
- After the tick has been removed, wash the area of the tick bite with a lot of warm water and soap. A mild dishwashing soap, such as Ivory, works well. Be sure to wash your hands well with soap and water also.

**NOTE:** If you can't remove a tick, call your doctor.

You can use an antibiotic ointment, such as polymyxin B sulfate or bacitracin. Put a little bit of ointment on the wound. The ointment will keep the wound from sticking to a bandage. If you get a skin rash or itching under the bandage, stop using the ointment. The rash may mean you had an allergic reaction to the ointment.

Some ticks are so small it is hard to see them. This makes it hard to tell if you have removed the tick's head. If you do not see any obvious parts of the tick's head where it bit you, assume you have removed the entire tick, but watch for symptoms of a skin infection.

If you have a rash, headache, joint pain, fever, or flu-like symptoms, this could mean you have an illness related to a tick bite. If you have any of these symptoms, or symptoms of a skin infection, call your doctor.

## What to avoid, do not try to:

- Smother a tick that is stuck to your skin with petroleum jelly, nail polish, gasoline, or rubbing alcohol.
- Burn the tick while it is stuck to your skin.

Smothering or burning a tick could make it release fluid—which could be infected—into your body and increase your chance of infection.

There are some tick-removal devices that you can buy. If you are active outdoors in areas where there are a lot of ticks, you may want to consider buying such a device.

# Resource Numbers for Kamloops Area

## Emergency Assistance

|   |                       |
|---|-----------------------|
| Ambulance/Fire/Police   | <b>911</b>            |
| Children's Hotline  | <b>310-1234</b>       |
| Kids Helpline   | <b>1-800-668-6868</b> |
| Interior Crisis Line Network<br>(depression, poverty, abuse, homelessness, suicide)     | <b>1-888-353-2273</b> |
| Kamloops Urgent Response Team   | 250-377-0088          |
| Kamloops Mental Health Intake   | 250-377-6500          |
| Kamloops Street Services  | 250-314-9771          |
| Kamloops R.C.M.P. Victim Services   | 250-828-3223          |
| Kamloops Y Emergency Services   |                       |
| Y Women's Emergency Shelter   | 250-374-6162          |
| Children Who Witness Abuse  | 250-376-7800          |
| Outreach Services<br>(Mobile service for women and children who have experienced abuse) | 250-320-3110          |

## Aboriginal Services

|   |                |
|---|----------------|
| Q'wemtsin Health Society                                  | 250-314-6732   |
| Secwepemc Child and Family Services<br>300 Chilcotin Road | 250-314-9669   |
| Sydney Avenue   | 250-461-7237   |
| Toll Free number  | 1-866-314-9669 |
| Interior Indian Friendship Society                        | 250-376-1296   |
| White Buffalo Aboriginal<br>and Metis Society             | 250-554-1176   |
| Secwepemc Cultural Education Society                      | 778-471-5789   |
| Native Youth Awareness Centre                             | 250-376-1617   |
| Aboriginal Training & Employment<br>Centre                | 250-554-4556   |
| Kamloops Native Housing Society                           | 250-374-7643   |
| Shuswap Training and Employment<br>Program                | 778-471-8201   |

## R.C.M.P.

|                                       |              |
|---------------------------------------|--------------|
| Tk'emlúps Detachment                  | 250-314-1800 |
| Kamloops City Detachment              | 250-828-3000 |
| <b>(Complaints General inquiries)</b> |              |
| Downtown Community Policing           | 250-851-9213 |
| North Shore Community Policing        | 250-376-5099 |
| Southeast District                    | 250-828-3111 |

## Addictions

|   |                |
|---|----------------|
| Narcotics Anonymous                               | 1-800-414-0296 |
| Alanon/Alcoholics Anonymous                       | 250-374-2456   |
| House of Ruth (women only)                        | 250-376-5621   |
| Phoenix Centre                                    | 250-374-4684   |
| Raven Program                                     | 250-374-4634   |
| Sage Health Centre                                | 250-374-6551   |
| Smokers Health Line                               | 1-877-455-2233 |
| Alcohol & Drug Information<br>& Referral Services | 1-800-663-1441 |

## Kamloops Walk-in Clinics

|                            |              |
|----------------------------|--------------|
| Summit Medical Clinic      | 250-374-9800 |
| Kamloops Urgent Care       | 250-371-4905 |
| North Shore Walk-in Clinic | 250-376-9595 |

## Royal Inland Hospital

|             |              |
|-------------|--------------|
| Information | 250-374-5111 |
| Admitting   | 250-314-2450 |
| Emergency   | 250-314-2289 |

## Aboriginal Patient Navigator (RIH)

|                        |                          |
|------------------------|--------------------------|
| Deb Donald             | 250-314-2100 (ext. 3109) |
| Gloria Big Sorrelhorse | 250-314-2100 (ext. 3109) |

## **Q'wemtsin Health Society**

**130 Chilcotin Road  
Kamloops, BC  
V2H 1G3**

**Phone: 250.314.6732**

**Fax: 250.314.6742**

**E-mail: qhs@qwemtsin.org**

**Hours of Operation:  
Monday to Thursday  
8:30 am to 4:30 pm**

**Friday 8:30 am to 4:00 pm**

