

# Q'wemtsín Health Society Newsletter

## October 2014

### Q'wemtsín Health Society Strategic Planning Dinner

QHS would like to extend our gratitude to our three Communities. There's no other way of saying "THANK-YOU" then hosting a dinner for your community!

Our organization firmly believes in providing holistic health services to our Secwepemc Communities. Our staff is also committed to providing excellent customer/client relations! Last year the 5 year evaluation of QHS was conducted by James Pratt, a Consultant who is from Victoria, BC. Since the evaluation, our organization has revised many of the policies and procedures in which our organization operates under based upon the feedback received from each community. QHS would again like to invite community members to join us for a dinner in order to gain further input on our new strategic plans with the desire to further improve the programs and services in which QHS offers.

Dates for Dinners:

Please watch out for upcoming dates for Skeetchestn and Whispering Pines/Clinton Indian Band!

Your feed back is not only important to us but valuable as this information can help QHS improve upon our services to YOU!

For any questions or concerns please contact Bobbi Sasakamoose at  
250-314-6732



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



# Skeetchestn Clinic Days


October 2014

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

**REMINDER:**

All appointments must be booked through Skeetchestn Health Clinic 250.373.2580

1 SIB 2 3 4

Appreciation Dinner 

**SIB Clinic Day**

SIB Clinic Day  
Melissa Bradwell

Karen Irving

5 6 7 8 9 10 11

QHS Board Meeting

12 13 14 15 16 17 18

**Office Closed**  
Thanksgiving



**FLU CLINIC**  
**SIB**

**SIB Clinic Day**

Melissa Bradwell

Picku Multani

19 20 21 22 23 24 25

Picku Multani

26 27 28 29 30 31  
Halloween

Picku Multani



THE NEXT MAMMOGRAM DATE IS SCHEDULED FOR 2016

# Mammogram Screening

Held at  
**Q'wemtsín Health Society**  
 On  
**October 23, 2014**

Ladies between the ages 40-79 please contact your Community Health Representative to make an appointment be for October 17, 2014.

For all you ladies under the age of 40 and over the age of 79, a doctor's referral is required at the appointment.

## Community Health Representative Contacts

### Whisper Pines/Band Indian Band

Anisha LeBourdais

250-579-5772

### Tk'emlups Indian Band

Lesa Frezie

250-828-9707



BC Cancer Agency

CARE + RESEARCH

All agency of the Provincial Health Services Authority



save the  
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# FASD DAY



at...

# QHS

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## FASD Day Sept. 9, 2014

It was a cold, but beautiful, morning for a walk. The sun was shining and fall was in the air. Joined by some nursing students from TRU, community partners, and staff at the Q'wemtsin Health Society, we all ventured out on a walk to bring awareness to Fetal Alcohol Spectrum Disorder (FASD).



Photo – Walk for FASD - Bernadine Edwards, Crystal Chartrand, and Colleen Mosterd-McLean

Fetal Alcohol Spectrum Disorder is a name used to describe a range of problems that can affect babies whose mothers drank alcohol during pregnancy. Babies brains and organs are developing at all times during pregnancy; therefore, there is no safe time to drink alcohol and no safe amount of alcohol to drink during pregnancy. Alcohol can cause developmental disabilities in babies that can affect them for the rest of their lives. Children with FASD can have problems with hearing, speech and vision, learning memory and coordination.

So...if there is a chance that you could become pregnant, or could be pregnant - do not drink. If you are choosing to drink, make a choice to avoid intercourse or use a reliable form of birth control.

If you have more questions about FASD, alcohol, pregnancy, or birth control please contact:

Sarah Bennett, RN (TIB/WP – Community Health Nurse)

Diane Procter, RN (SIB – Community Health Nurse)

Christine Lessman, RN (QHS - Community Health Nurse) at 250-314-6732.



# FASD DAY at...

# QHS

# Skeetchestn

FASD Awareness Day was Tuesday, September 9th. To raise awareness Q'wemtsin Health Society along with the Skeetchestn Health Clinic hosted FASD events in each community.

The Skeetchestn Health Clinic had an open house. Various community members and band staff to stopped by throughout day!







# FLU CLINICS

QHS will be hosting Flu Clinics for our three communities.  
Here are the dates for each community:

## **Skeetchestn Health Clinic:**

Date: Tuesday, October 14th  
Time: 1:00 pm to 6:pm  
Place: Skeetchestn Health Clinic

## **Q'wemtsín Health Society :**

Date: Wednesday, October 15th  
Time: 1:00 pm to 6:00 pm  
Place: Q'wemtsín Health Society

## **Whispering Pines/Clinton Band:**

Date: Thursday, October 16th  
Time: 3:00pm to 6:00 pm  
Place: Whispering Pines Band Office

If you have any questions or concerns please  
feel free to call QHS at 250.314.6732



## **Influenza (FLU) Season**

Influenza, also the flu, is an infection of the upper airway caused by an influenza virus. Every year there is a period of time where there are more outbreaks of the flu, this is called flu season. Flu Season generally occurs during the fall, winter and early spring. Getting sick with the flu can put you at risk of getting other infections. These include viral or bacterial pneumonia which affects the lungs. The risk of complications, which can be life-threatening, is greater for seniors 65 years and older, very young children, and people who have lung or heart diseases, certain chronic conditions, or weakened immune systems.

In Canada, thousands of people are hospitalized and may die from the flu and its complications during years with widespread or epidemic influenza activity. The influenza vaccine is a safe and effective way to help you and your family stay healthy and prevent illness. It can even save lives.

### **How is Influenza Spread?**

It is spread from person to person through coughing sneezing, or having face to face contact. The virus can also spread when a person touches tiny droplets from a cough or a sneeze on another person or object and then touches their own eyes, nose, mouth before washing their hands.

An infected person can spread the influenza virus even before feeling sick. An adult can spread the virus from about 1 day before to 5 days, after a person is first exposed after symptoms start. Young children may be able to spread the virus for a longer period of time.

### **What are Symptoms?**

Influenza symptoms can include fever, headache, muscle pain, runny nose, sore throat, extreme tiredness, and cough. Children may also experience nausea, vomiting, or diarrhea. Although infections from other viruses may have similar symptoms, those due to influenza virus tend to be worse.

Symptoms can begin about 1 to 4 days, or average of 2 days, after a person is first exposed to the influenza virus. Fever and other symptoms can usually last up to 7 to 10 days, but the cough and weakness may last 1 to 2 weeks longer.



### **What is the home treatment?**

If you get sick with influenza, home treatment can help ease symptoms. Follow the self-care advice below:

- Get plenty of rest
- Drink extra fluids to replace those lost from fever
- Avoid smoking and ask others not to smoke in the house
- Breathe moist air from a hot shower from a sink filled with hot water to help clear a stuffy nose
- Anti-influenza drugs or anti-virus are available by prescription, but these must start with 48 hours of the start of your symptoms. These will shorten symptoms by about 3 days if given within 12 hours and by about 1.5 days if given with 2 days of the start of symptoms
- Non-prescription cough and cold medications are available for relief of influenza symptoms but these are not recommended for children less than 6 years of age.

### **When should I see a health care provider?**

Consult your health care provider early if you develop flu-like symptoms and you have a condition that puts you at a higher risk of complications.

You should also call your health care provider if your symptoms get worse, such as shortness of breath or difficulty breathing, chest pain, or signs of dehydration (such as dizziness, when standing or low urine output).

### **How can influenza be prevented?**

You can reduce the risk of getting influenza or spreading it to others by:

- **WASHING HANDS REGULARLY**
- Promptly disposing of used tissues in the waste basket or garbage
- Coughing or sneezing into your shirt sleeve rather than your hands
- **STAYING AT HOME WHEN YOU ARE ILL**
- Getting an influenza vaccine

**Acetaminophen or Tylenol can be given for a 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.**



### Is it influenza or a cold?

The following table can help you determine whether you have influenza or a cold.

<i>Symptoms</i>	<i>Cold</i>	<i>Influenza (the Flu)</i>
Fever	Rare	Usual, sudden onset 39-40,
Headache	Rare	Usual can be severe
Aches and Pains	Sometimes mild	Usual, often severe
Fatigue and Weakness	Sometimes mild	Usual, may last 2-3 weeks
Runny, Stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore throat	Common	Sometimes
Chest Discomfort, coughing	Sometimes mild,	Usual, can be severe
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia, respiratory failure, and more complications in persons with chronic
Prevention	Frequent hand-washing	Yearly influenza vaccine and
Treatment	No specific treatment is available; symptom relief only	Anti-viral drugs by prescription which can reduce symptoms

#### WANT MORE INFORMATION?

HealthLink BC is as close as your phone or the web any time of the day or night, every day of the year.

Call 8-1-1 toll-free in B.C. or for deaf and hearing-impaired, call 7-1-1.

You can speak with a health service representative, who can also connect you with a:

- registered nurse any time, every day of the year;
- registered dietitian every weekday;
- pharmacist from 5pm to 9am, every day of the year.

Translation services are available in more than 130 languages.



## Did you wash your hands?

*How many times did you hear that today?* Probably a lot. But why are adults so hung up on hand washing? Why are they so in love with the lather?

Washing your hands is the best way to stop germs from spreading. Think about all of the things that you touched today – from the telephone to the toilet. Maybe you blew your nose in a tissue and then went outside to around in the dirt.

Whatever you did today, you came into contact with germs. Its easy for a germ on your hand to end up in your mouth. Think about how many foods you eat with your hands.

You cant wear rubber gloves all day long, but you can wash your hands so those germs don't get a chance to make you or someone else sick.

## So when are the best times to wash your hands?

- When they are dirty
- Before eating or touching food (like if your helping cook or bake)
- After using the bathroom
- After blowing your nose or coughing
- After touching pets or other animals
- After playing outside
- Before and after visiting a sick relative or friend

Now you have the **when** and the **why** of hand washing. But did you know that a lot of people don't know **how** to get their paws perfectly clean? The next time you're told to step up to the sink and scrub up remember these handy hints:

1. Use warm water (*not cold or hot*) when you wash your hands
2. Use whatever soap you like. Some soaps come in cool shapes and colors or smell nice, but whatever kind gets you scrubbing is the you should use. Antibacterial soaps are OK to use, but regular soap works fine.
3. Work up some lather on both sides of your hands, your wrists, and between your fingers. Don't forget to wash around you nails. This is one place germs like to hide. Wash for about 10 to 15 seconds-about how long it takes to sing "Happy Birthday". (Sing it quickly two times or just once if you go nice and slow).
4. Rinse and dry well with a clean towel.



# Secwepemc Nation Injury Surveillance & Prevention Program-Halloween Safety Tips

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Halloween is a night for spooky ghosts, goblins and witches. Here are few safety tips for the little trick-or-treaters and parents:

## Trick-or-Treaters

- Carry a flashlight
- Walk don't run
- Stay on sidewalks
- Obey traffic signals
- Stay in familiar neighborhoods
- Don't cut across yards or driveways
- Wear a watch you can read in the dark
- Make sure costumes don't drag on the ground
- Shoes should (even if they don't go with your costume)
- Avoid wearing masks while walking house to house
- Carry only flexible knives, swords or other props
- Walk on the left side of road facing traffic (if no sidewalk)
- Wear clothing with reflective markings or tape
- Approach houses that are lit
- Stay away from and don't pet animals you don't know

## Parents

- Make sure your child eats dinner before setting out
- Someone should carry a cell phone in case of emergency
- Young children should always be accompanied by an adult
- If you children go alone, ensure they have a watch they can read in the dark
- You should know where they are going
- Ensure to inspect candy before your children consume it

**Have a safe and  
Happy Halloween!**





# *Families and Tots Group*

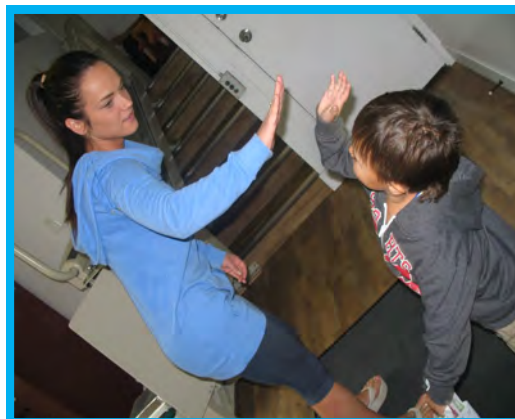


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Skeetchestn Health Clinic hosted another families and Tots group. The purpose of the group is to bring families throughout the community together in fun and supportive environment. The focus of this months group was: Babies First Foods and Toddler Foods. Parents had the opportunity to discuss the challenges of feeding and creating healthy meals for infants and toddlers.



The dental hygienist and COHI Aid also participated in families and tots group. The COHI program promotes oral health in community and provides oral health information to parents, caregivers and community members.



**Our next Parents and tots group is scheduled for:**

***Date: Wednesday, October 22nd***

***Time: 11:00 am to 1:00 pm***

***Place: Skeetchestn Health Clinic***

***Focus: Safety (Halloween Theme)***

***All families are invited to attend!***



# The Naturopathic Alphabet

Submitted by: Dr. Melissa Bradwell, ND

Very rare does a day go by in my office where I am not discussing the importance of ‘good’ fats to my patients. More and more often, I am seeing the detrimental effects that a no or low fat diet has had on a person’s body and health. In a society where sadly, size has certainly come to matter, a lot of emphasis has been placed on reducing fat from the diet, but without much information on how important ‘good’ fats are and why we still need them.

## Omega 3, 6, & 9

### What is the difference between ‘good’ and ‘bad’ fats?

To understand good and bad fats, you first need to know the different categories and some information about each of them.

	Effect on Body	Some Sources
<b>Monounsaturated fats</b>	<ul style="list-style-type: none"><li>• Reduces LDL levels (bad cholesterol)</li><li>• Increases HDL (good cholesterol)</li><li>• Decreases risk of heart disease/diabetes</li></ul>	Olive oil, avocados, nuts, and nut butters
<b>Polyunsaturated fats</b>		Flaxseed and fish (salmon, mackerel, sardines)
<b>Saturated fats</b>	<ul style="list-style-type: none"><li>• Increases risk of heart disease</li><li>• Increases LDL cholesterol</li></ul>	High fat meats, cheese, lard, ice cream
<b>Trans fats</b>		Fried foods, processed/ packaged foods

### Fats and your Cholesterol

When I ask people about their cholesterol levels, I’m often faced with a look of shock when I tell them there are actually two types of cholesterol. ‘Good’ or HDL cholesterol that carries cholesterol from artery walls and delivers it to the liver for disposal and ‘bad’ or LDL cholesterol that accumulates in and potentially clogs artery walls. Achieving an optimal ratio between the two is ideal. Omega 3 Fatty acids (such as fish or flaxseed oil), along with other sources of ‘good’ fats help to increase the ‘good’ cholesterol, which not only improves the cholesterol ratio in the body but also works as a protective agent against numerous diseases and health concerns.

### Cholesterol and Hormones

Hormones are made from cholesterol so when we concentrate on a low-fat, no-fat diet, there is often not enough ‘good’ cholesterol to make hormones, which causes a disruption in hormone synthesis. Ensuring optimal levels of cholesterol can help to treat conditions caused by hormone imbalance in both men and women (PMS, infertility, menopause, low testosterone). In pre-menopausal women, cholesterol levels may actually increase as the body’s natural response to declining hormone levels and attempting to make more.

### Omega-3 Fatty Acids

This polyunsaturated fat, as we know, is highly beneficial for prevention and reduction of depression symptoms, protection against memory loss, reducing the risk of cardiovascular disease, reducing inflammation and supporting a health pregnancy. This essential fatty acid is essential for good health, but your body can’t make it and therefore, needs to be obtained through food. The best sources are fatty fish such as salmon, herring, mackerel, anchovies, or sardines, or....

high-quality cold-water fish oil supplements. A dietary intake of two servings per week or 1-2g per day of total omega 3's is recommended.

NAME	OMEGA-3	OMEGA-6	OMEGA-9
KNOWN AS	Polyunsaturated	Polyunsaturated	Monounsaturated
DIETARY SOURCE	Oils: canola, flax, soybean Nuts: walnuts Fish: oily fishes (herring, mackerel, salmon, trout, tuna) Other: algae, Omega-3 eggs	Oils: canola, corn, olive, peanut, safflower, soybean, sunflower Nuts: almonds, cashews, hazelnuts, peanuts, pecans, pistachios, walnuts Other: eggs	Oils: canola, olive, peanut, safflower, sunflower Nuts: almonds, cashews, hazelnuts, macadamias, peanuts, pecans, pistachios, walnuts Other: avocados, eggs, poultry
POSITIVE HEALTH EFFECTS	Brain development, heart health, cholesterol, cognition, mood	Heart health, cholesterol	Heart health, cholesterol, blood sugar control

OIL	OMEGA-3	OMEGA-6
SAFFLOWER	0%	75%
SUNFLOWER	0%	65%
CORN	0%	54%
COTTONSEED	0%	50%
SESAME	0%	42%
PEANUT	0%	32%
SOYBEAN	7%	51%
CANOLA	9%	20%
WALNUT	10%	52%
FLAXSEED	57%	14%
FISH	100%	0%

### Dietary Tips

Increase good, unsaturated fats in your diet. Fat gives food its flavor so most non-fat, low-fat foods are often replaced with sugar, refined carbohydrates and calories. Be heart smart and still maintain your waistline with these tips:

- **Cook with olive oil.** Use olive oil for stovetop cooking, rather than butter or margarine
- **Make better butter.** Whisk together ½ lb of butter with 1/2 cup of olive oil and place in an airtight container in the fridge. Will remain soft and perfectly spreadable.
- **Eat more avocados.** Try them in sandwiches (instead of mayo), salads or make guacamole.
- **Reach for the nuts.** High in protein and good fats. Opt for the unroasted kind as you'll lose some oils in the roasting process.
- **Snack on olives.** Olives are high in healthy monounsaturated fats and make for a low-calorie snack when eaten on their own.
- **Dress your own salad.** Commercial salad dressings are often high in saturated fat or made with damaging trans-fat oils. Create your own healthy dressings with high-quality, cold-pressed olive oil, flaxseed oil, or sesame oil as the base.



# Natural Cold & Flu Prevention

Dr. Melissa Bradwell, ND

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The feel of fall is in the air and it's that time of year where we again discuss ways for you to optimize your immune system to have an enjoyable, healthy winter. Every fall, I am swamped with people asking questions about the prevention and treatment of the flu. I incorporate several natural medicine approaches in the prevention and treatment of flu, as I find they work well with the homeopathic protocol I prescribe and do not interfere with the action of homeopathic remedies.

## First thing- Know the difference:

Is this a cold or flu? I get asked this question a lot and I find it helps to educate patients on the difference so that they can better protect themselves and their families.

Signs & Symptoms	Cold	Flu
Fever, chills.	Low fever, if any.	Usual. Can be a high fever.
Headache.	Rare.	Usual.
General aches and pains.	Mild, if any.	Usual, often severe. Affects the body all over.
Fatigue, weakness.	Mild, if any.	Usual, often severe. Makes you want to stay in bed.
Runny, stuffy nose.	Common.	Sometimes.
Sneezing.	Usual.	Sometimes.
Sore throat.	Common.	Sometimes.
Cough.	Mild to moderate hacking cough.	Common. Can become severe.

\* Flus can also attack the gastrointestinal system and cause nausea, vomiting and diarrhea. The duration of a flu also tends to be a bit longer than a cold, usually one week, but full recovery can take longer.

## Preventing the flu, naturally:

My general recommendations for flu prevention are:

- Get plenty of rest and drink enough water.
- Reduce refined sugar in the diet, especially things like soda, candy, and baked goods.
- Increase fruits and vegetables in the diet.
- Continue to get regular exercise. It helps to keep you healthy by reducing or countering stress, enhancing circulation, and offering another mode of elimination via perspiration.
- Wash hands often, especially before eating.
- If you are feeling run down, try to take a day off, for rest and relaxation.

## **Supplemental herbs, vital nutrients and homeopathic remedies to fight cold and flu:**

**Oregano Oil** – Oregano is a VERY effective anti-bacterial. Use it at the first sign of a sore throat, and if it's bacterial in nature, it'll be GONE! Chronic use of oregano oil is powerful enough that it will eventually affect healthy gut flora so it's best to use oregano oil for 5-7 days at the first sign of cold, not as a long-term immune support.

**Vitamin D** – It's no coincidence that cold and flu outbreaks increase during the winter months, when we are no longer able to get the sunshine vitamin from SUN. We now know the crucial role that vitamin D plays in balancing and optimizing immune system function. Up your intake temporarily if you feel a cold or flu coming on. As a fat-soluble vitamin, D3 should always be taken with food.

**Vitamin C** – Vitamin C has been shown particularly effective at preventing cold and flu in those under heavy physical stress, and arguably stress in general. Regular supplementation with vitamin C has also been shown to reduce the average duration of cold.

**Echinacea** – Echinacea has a number of immune specific actions in the body, including anti-bacterial, anti-microbial, anti-viral, anti-protozoal, and anti-parasitic. It's also a decongestant, lymphatic, anti-inflammatory, and immunostimulant. How's that for cold and flu treatment? Echinacea is most effective when used at the first sign of cold and/or flu.

**Elderberry** – It's ANTIVIRAL!!! Elderberry is a very effective anti-viral, and as such can help to decrease duration and severity of cold and flu.

**Probiotics** – The gut is the HEART of the immune system, with more immune cells than any other area on the body. As such, we need to ensure that our healthy gut bacteria outweigh the pathogenic bacteria (also normally present) in the gut.

**Astragalus** – Astragalus is one of the most widely used herbs in Asian Medicine. It has the potential to increase activity of immune cells, enhancing the immune response. Astragalus also has anti-viral properties.

### **Boiron Influenzinum**

**Influenzinum is your best choice as a natural flu preventive. Influenzinum is the only homeopathic flu product that is updated each year based on the flu strains predicted by the World Health Organization. Specially formulated to stimulate the body's own defense system to resist the onset of the season's flu strains. Shown year after year to be highly effective to prevent the flu and is a safe and natural way to strengthen your immune system.**

**Easy once a week dosing for 5 weeks**

**Safe for entire family but should be discussed first with health care provider if you are pregnant or nursing**

**Can be taken at any point during the flu season (October- February)**

**Can be taken alone or as an adjunct treatment with the conventional flu vaccine to help reduce any side effects. If you have had the conventional flu vaccine, some patients opt to use Influenzinum as a 'booster' later in the flu season**

**In research, 90% of cases showed prevention was effective as no flu portrait appeared and if it did, subjects that had used Influenzinum showed attenuated and shorter duration of symptoms**

**Influenzinum is available for QHS clients as an alternative or adjunct with the conventional flu shot. If you have any questions, please contact Dr. Melissa for more information.**

# Skeetchestn Health Fair

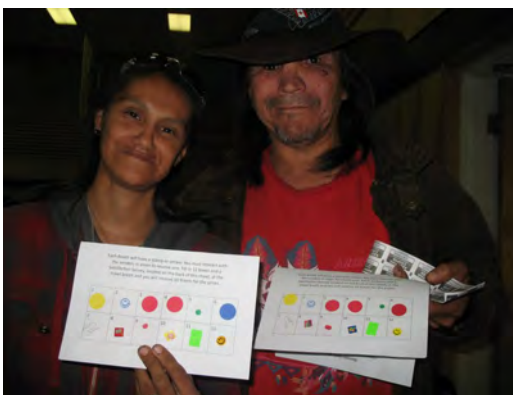


The Health Fair in SIB was a fun and successful event. The goal for this years health fair was to be engaging and interactive with youth and community.

We had a few new vendors like Big Little Science Centre, this was a hit with the youth. Big Little Science Centre took a new spin on boring old science and made it fun and interesting for all.

A member from the Skeetchestn Fire Department was on site dressed in full gear answering the many questions students in regards to fire safety.

QHS staff had an amazing time connecting with the community and the young people of Skeetchestn. Smiles and laughter was had by all throughout the entire day. We look forward to next year!







# Children's Oral Health Initiative

## COHI

### **What we do:**

1. Dental Screenings (examinations)
2. Fluoride applications (to help prevent cavities)
3. Oral Health Education (teach children how, when and why to brush)
4. Referral to specialists
5. Sealant application (preventative coating for newly erupted molars)

### **Where we deliver services:**

1. Schools
2. Daycares
3. Nurseries/Headstart
4. Health Centres/Community Events

### **Who is COHI for:**

1. Children ages 0-7 years old and their parents or caregivers
2. Expectant parents

### **Our Goals:**

To help promote and maintain good oral health and to avoid unnecessary hospitalizations and surgeries.

### **Who we are:**

Crystal Chartrand - Registered Dental Hygienist

Natasha DeNeef - COHI Aide

**How to reach us:** To set up an appointment or for inquiries please call Crystal or Natasha at (250)314-6732.

# NOTICE

QHS will be closed the following dates:



**Friday, October 3rd (all day)-Due to building construction**

**Monday, October 13th-THANKSGIVING HOLIDAY**

If you have any questions or concerns call QHS at 250.314.6732

## Acorn Squash

Ingredients:

- 1 medium acorn squash, halved and seeded
- 1 tablespoon butter
- 2 tablespoons brown sugar



Directions:

1. Pre-heat oven to 350 degrees F (175 degrees C)
2. Turn acorn squash upside down onto a cookie sheet. Bake in a 350 degrees F (175 degrees C) oven until it begins to soften, approximately 30 to 45 minutes
3. Remove squash from the oven and turn onto a plate facing upwards. Place butter and brown sugar into the squash, and place the remaining squash over the other piece. Place squash in a baking dish (so the squash wont slide around too much) while baking.
4. Place squash in the 350 degrees F (175 degrees C) oven and bake another 30 minutes

Resource: <http://allrecipes.com/>

# Resource Numbers for Kamloops Area

## Emergency Assistance

Ambulance/Fire/Police	911
Children's Hotline	310-1234
Kids Helpline	1-800-668-6868
Interior Crisis Line Network (depression, poverty, abuse, homelessness, suicide)	1-888-353-2273
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 (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 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 and Metis Society	250-554-1176
Secwepemc Cultural Education Society	778-471-5789
Native Youth Awareness Centre	250-376-1617
Aboriginal Training & Employment Centre	250-554-4556
Kamloops Native Housing Society	250-374-7643
Shuswap Training and Employment 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 & 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**

