



Tk'emlúps te Secwépemc

(Kamloops Indian Band)

Notice for Tk'emlúps te Secwépemc Members

Weyt-k, lé7-en-k túc? (Hello, how are you?)

Are you to feeling isolated, mentally fatigued, anxious or worried due to the impact of the COVID -19 Pandemic?

You are not alone and we are here to support you.

During this difficult time, TteS Community Services, are here to support you and provide telephone and/or virtual wellness check-ins.

If you would like to receive remote support, please call/ text/ email

Dave Manuel, TteS Wellness Counsellor

250-372-5030

dave.manuel@kib.ca

Monday to Friday 8am to 4pm

Also, please connect with Dave if someone you know might need a wellness check-in.

With Teamwork We Create Action & Pride

WE ARE IN THIS TOGETHER

Community Services Department
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