



ST'ÁT'IMC OUTREACH HEALTH SERVICES

Lillooet Tribal Council

PO Box 1420 ♦ 682 Main Street ♦ Lillooet, BC V0K 1V0

Tel: (250) 256-7530

www.statimchealth.net

Open 8:30am – 4pm

Monday – Friday

Closed 12pm – 12:30pm

& Statutory Holidays

Fax: (250) 256-7535

Xaxli'p / Xwisten / Tsal'alh / T'it'q'et / Ts'kw'aylaxw / Sekw'e'l'was

Health, Social & Support Services Resource List- St'át'imc Territory

This list will continue to be updated as changes in resources become available and **will be posted on our website:**

www.statimchealth.net. If anyone would like an agency or program added, if you see something that needs to be changed, or you are searching for other resources, please contact St'át'imc Outreach Health Services, at 250-256-7530. Also, please feel free to print and use this list. Thank you.

Name:	Position/Office:	Services	Contact #
Local Mental Wellness Counsellors & Support Workers			
Ricardo Pickering	Mental Wellness Outreach Clinician, Adults St'át'imc Outreach Health Services Part-time: Monday, Tuesday, every other Friday	Clinical counselling Adults, young adults for: Depression/Anxiety, Trauma, Addictive behaviours, EMDR, relationship issues, and more.	250-256-7530 Office 250-842-8552 Cell rpickering@statimchealth.net
Lorrinda Casper	Child & Youth Clinician St'át'imc Outreach Health Services Mondays and Fridays	Develop and provide culturally safe mental wellness support to St'át'imc youth and families.	250-256-7530 Office lcasper@statimchealth.net 778-209-8852 Cell
Matilda Brown	Addictions Worker St'át'imc Outreach Health Services	Counselling, referrals to treatment.	250-256-7530 Office mbrown@statimchealth.net 250-852-1192 Cell
Rocker Brady	Peer Support Worker St'át'imc Outreach Health Services	A peer to peer model to assist those that struggle with opioid addictions; assist clients by helping them navigate through the recovery process.	250-256-7530 Office rbrady@statimchealth.net 250-256-3662 Cell

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Rick Alec	Mental Health & Addictions Ts'kw'aylaxw	Addictions counselling, referrals to treatment or mental health services.	250-256-4204 ricky@tskwaylaxw.com
Linda McDonald	Mental Health & Addiction Coordinator Xaxli'p	Referrals to treatment or counselling.	250-256-4800 linda@xaxlip.ca
Juanita Jacob	Wellness Coordinator T'it'q'et	Counselling intervention, prevention, utilizes all resources within the social determinants of health realm.	Phone 250-256-4118 Ext 242 Fax 250-256-4544 Cell 250-256-9410 wellnesscoordinator@titqet.org
Andrea LeBourdais	A/ Mental Health & Addictions Sekw'el'was	Counselling, referrals to treatment.	250-256-4136
Rick August	Community Wellness Counsellor Xwisten	Drug and Alcohol, Mental Health support services for Bridge River Band members.	250-256-7423 Ext.235 communitywellness@xwisten.ca
Gloria Joseph/ Violet Dunn	Victim Services Lillooet Friendship Centre	Community-based program. Supports clients that have been affected by crime or violence.	250-256-4146 stv@lfcs.ca
Jim Edgar	Addictions Counsellor Lillooet Friendship Centre	Addictions counselling, referrals to treatment.	250-256-4146 and@lfcs.ca
Kate Alec	Women's Resource Centre Community Cares Building	Resources, supports the Victim Services Program (LFC)	250-256-8852 https://www.facebook.com/eiwsc.lillooetfriendshipcentre.3
Greg Smith	Mental Health Clinician Lillooet Hospital & Health Centre	Crisis intervention, counselling, assessment and treatment, senior programs, addictions counselling.	250-256-1343 Donald.Smith@interiorhealth.ca In crisis, please attend the Lillooet Hospital emergency
AJ Aspinnall	Mental Health Clinician Lillooet Hospital & Health Centre	Assessment, referral worker, and short term counselling for Lillooet and Ashcroft.	250-256-1319 Alana.Aspinnall@interiorhealth.ca
Joanne Warren	FNHA covered - Askom Counselling-Lillooet	Professional counselling for individuals, couples and families.	250-256-4906 askomcounselling@gmail.com

Brandy Kane, MSW	Registered Clinical Social Worker, T'it'q'et	Clinical Counselling four (4) days a month (by-weekly), Mondays and Tuesdays.	604-728-1574 brandy@eaglespiritcounselling.com
Other Clinical Counsellors in Kamloops and surrounding areas who are covered under First Nations Health Benefits (through FNHA)			
<p>What is covered?</p> <p>1. Short Term Crisis Intervention provides coverage for mental health counselling for crisis situations when no other mental health services are available and/or being provided. Counselling may be to stabilize a person's condition, minimize potential trauma from an acute life event, and, as appropriate, transition someone to other mental health supports. If you are living on-reserve, first contact your band office to find out if mental health crisis intervention services are offered directly in your community.</p> <p>2. Indian Residential School Resolution Health Support Program - Individual and Family Counselling component is open to all former Indian Residential School students and their families. Counselling is provided to safely address the broad spectrum of mental wellness issues and trauma related to the impacts of Indian Residential Schools.</p> <p>3. Missing and Murdered Indigenous Women and Girls - Health Support Services is open to all survivors, family members, and loved ones who are impacted by the national inquiry and cases related to Missing and Murdered Indigenous Women and Girls in Canada.</p>			
Name:	Position/Office:	Services	Contact #
Clinicians in BC	For names and locations in or near Lillooet, contact SOHS, (250) 256-7530		<p>Mental Health Provider List http://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf</p> <p>Or, FNHA, 1-844-364-7878 (toll free) or email: ehealthsupport@fnha.ca</p>
Clinicians by Telehealth	<p>Telehealth is the delivery of healthcare, wellness and educational services at a distance. Telehealth (also called virtual care) uses live, interactive videoconferencing to connect patients with health care providers. Telehealth allows First Nations individuals living in remote or rural areas to receive some health services without leaving their communities. The clinicians listed here that also offer telehealth are listed with the checkmark, call first.</p> <p>*Skype, FaceTime, teleconference, video conference, for example.</p>		http://www.fnha.ca/Documents/FNHA-My-Telehealth-Appointment-What-Should-I-Know.pdf

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Yolanda Hall	Private Clinician-Lytton Available in Lillooet on Mondays.	Short-term crisis intervention counselling.	866-414-2300 yjhall@telus.net
Ricardo Pickering	Private Clinician-Ashcroft Ashcroft Counselling	Psychosocial Outreach Services: Helping those impacted by disasters, he will go to your community to deliver debriefings or psychosocial recovery services (fires, storms, floods, earthquakes, and major accidents). This service delivers one-on-one counselling, group counselling, and community workshops. ✓ Skype, FaceTime	250-842-8552 dickiepickering@gmail.com www.ricardopickering.ca
Jeff Conners	Private Clinician-Kamloops Jeff Conners Counselling Health Educations	Addictions, youth, anxiety, stress, depression, men's health, separation & divorce, anger management, family conflict, video games, and crisis management & life transitions. ✓ Telehealth by Skype or FaceTime.	250-819-0316 jeffreydavidconners@gmail.com www.JeffConners.ca
Sharon Todd	Private Clinician-Kamloops	Self Esteem, Sexual Assault, Trauma, and Women's Issues. Approach to therapy is holistic and clients are well supported through a variety of therapeutic approaches based on the needs of the client. ✓ Telehealth; call for info	250-320-8615 Stodd66@telus.net https://www.psychologytoday.com/ca/therapists/sharon-margaret-todd-kamloops-bc/356889
Janice Mercredi - Murphy	Private Clinician-Vernon	Addictions: Gambling, Alcohol, Drugs.	250-308-9956 Janmurphy2002@telus.net
Sandip Sadhra	Clinician- Kamloops.	Youth Adults and Families that have been impacted by anxiety, trauma, conflict, addiction and depression. He also has experience working with individuals with Fetal Alcohol Spectrum Disorder (FASD) and Autism. ✓ On-line counselling: Email, Phone, and Webcam.	778-257-0480 https://www.theravive.com/therapists/sandip-sadhra.aspx

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Cole Levitt	Centre for Response-Based Practice, Kamloops.	Working with children & youth who experience a wide variety of social struggles (including an Autism diagnosis) and challenging behaviours. His work includes individual sessions, family therapy, and developing or implementing Behavioural Intervention Plans. Cole works with children and their families for a wide variety of challenges in a way that is systemic and honoring of everyone's dignity. Alternative location sessions can be prearranged.	778-765-3171 https://www.rbpinterior.com/
Rob Dolson	Centre for Response-Based Practice, Kamloops.	Works with teens, families and couples. Has office in Kamloops and able to meet offsite, evenings or via telephone or Skype/FaceTime	250-319-0101 www.rbpinterior.com
H. Picku Multani	H.P. Support Services, Kamloops	Addictions, IRS, and more, see website. ✓ Video Counselling option.	844-319-5666 https://www.psychologytoday.com/ca/therapists/h-picku-multani-kamloops-bc/121472?sid=1521647162.5504_32333&city=Kamloops&state=BC&spec=4&ref=5&tr=ResultsProfileBtn
Registered Psychologists that are not on the FNHA Registered Clinician List			
Wanda Rowatt		Psycho-educational assessment; provides therapy	250-852-0661 http://www.kamloopspsychologists.ca/Wanda-Rowat.html
Brett Ginter		Adaptive functioning assessments to help prepare clients for CLBC disability, and provides therapy	Phone: 250-804-5326 Toll Free: 1-877-834-4015 https://www.brettginter.com/

Local Cultural Supports			
Name:	Position/Office:	Services	Contact #
Leonard Mitchell	Spiritual Helper- local		250-256-1672
Marie Barney	Spiritual Helper- local		778-209-0420 mbarney@uniserve.com
Carl Alexander	Spiritual Helper- local		250-256-7895
Mike Alexander	Cultural/Spiritual Helper - local		250-256-1665 Text only
Barb Marchand	Elder Support		250-256-4841 Home 250-256-3356 Cell Fountainvalley2003@yahoo.ca
Steve Basil	Cultural Liaison St'át'imc Outreach Health Services	The Cultural Liaison's primary role is to create linkages between St'át'imc traditional helpers and western health service providers.	250-256-7530 Office 250-299-6994 Cell 250-256-0567 Home sbasil@statimchealth.net
Local Child, Youth Counsellors & Supports			
Vacant- posted	Child and Youth Mental Health Clinician, Ministry of Children and Family Development	Supports the well-being of children, youth, and families, especially those who are vulnerable, through child protection and child and youth mental health services.	250-256-2710
Garry Dunn	Recreation Coordinator- Xwisten		250-256-7423 recreation@xwisten.ca
Vacant	Youth Coordinator- Xaxli'p		250-256-4800 youth@xaxlip.ca
Ina Williams	Team Lead Kanukwa7stáliha (the one that is able to help) Family Services	ASI/CSP – Aboriginal Service Innovations/Child Safety and Permanence. Providing culturally relevant support services....improving the outcomes of children in care.	250-256-7525 472 Main Street, Lillooet teamlead@kanukwa7staliha.org 250-256-7525 Cell https://www.statimc.net/kanuk wa7staliha-family-services/
Rosalinde Narcisse	Family Find Worker Kanukwa7stáliha Family Services		250-256-7525 rnarcisse@kankwa7staliha.org

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Brenda Frank	Family Preservation Worker, Kanukwa7staliha Family Services		250-256-7525 bfrank@kanukwa7staliha.org
Ayesha Malhi	Family Preservation Worker, Kanukwa7staliha Family Services		250-256-7525 amalhi@kanukwa7staliha.org
Simone Gunkelmann	Family Support Worker, Kanukwa7staliha Family Services		250-256-7525 familysupport@kanukwa7staliha.org
Terry Hurst	Aboriginal Supported Child Development Consultant		250-256-7525 thurst@kanukwa7staliha.org
Mike Levitt	Certified Solution-Focused Therapist, services are as requested through Kanukwa7staliha Family Services	Contact Team Lead, Ina Williams for enquiries	250-256-7525 teamlead@kanukwa7staliha.org
Ana Donoso, Suzanne Butcher	Infant Development Consultant, Infant Development Program, Yellowhead Community Services	Support families with children aged 0-3 in understanding their child's overall development. Early intervention program for children birth to 3, who have been diagnosed with a developmental disability, or who have or may be at-risk for a developmental delay.	250-256-2277 Office 250-256-2299 fax ana.d@yellowheadcs.ca
Mariko Kage, Program Coordinator Christine Mahaits, Youth Engagement Counselor	Chillaxin Youth Centre (Community Cares Building)	Afterschool youth program Open to All Teenagers, 13-18yrs: offering a safe, inclusive space for youth to engage in social, cultural, educational, outdoor recreational activities; including social emotional support, life skills building, fundraising events and fieldtrips.	250-256-2320 250-256-9325 cell chillaxin@lfcs.ca https://www.facebook.com/pages/category/Youth-Organization/Chillaxin-Youth-Centre-287527432072914/

Non-Local Youth Supports			
Name:	Position/Office:	Services	Contact #
Parents Legal Centre Kamloops Parents Legal Centre Kamloops		Good legal information for First Nations people who need help if they are involved with MCFD or their bands. Direct contact if you need a lawyer or to ask them questions.	Phone 250-434-0663 Fax 250-434-9491 302 - 619 Victoria St, Kamloops, BC V2C 6W7 PLCKamloops@lss.bc.ca
Chris Pincott	FASD Support Worker Insight Support Inc., Kamloops Can travel to Lillooet, phone for info.	Support & services to children, youth and families with neurological, cognitive and developmental disabilities. A part of our services also includes working with children & youth who have Fetal Alcohol Spectrum Disorder and Complex Developmental Behaviour Conditions	250-554-0085 chris@insightsupport.ca
Anita Van Tassel	Child & Youth with Special Needs MCFD		250-371-3684 Anita.VanTassel@gov.bc.ca
Local Policing			
Stl'atl'imx Tribal Police	Emergency – 250-256-7767		250-256-7784 (non-emergency) 879 Main St., Lillooet 604-894-6124 (non-emergency) 357 IR#10 Rd, Mount Currie
RCMP	Emergency – 911		250-256-4244 317 Main Street, Lillooet
Crisis Lines & Health Lines			
Crisis Intervention and Suicide Prevention Centre	Suicide 24-hour line	All ages Crisis Intervention For people experiencing feelings of distress or despair, including feelings which may lead to suicide.	1-800-784-2433 www.crisiscentre.bc.ca 1-866-872-0113 (Deaf or hearing impaired)

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Native Youth Crisis Hotline	24/7	Available in Canada and USA	1-877-209-1266
National Indian Residential School Crisis Line	Crisis Support 24/7	National Indian Residential School Crisis Line is set up to provide support for former Residential School students. You can access emotional and crisis referral services by calling 24-Hour national crisis line.	1-866-925-4419
Kuu-us Crisis Line Society	Provincial Aboriginal Crisis Line, 24/7	Adults, Elders, Youth	1-800-588-8717 www.kuu-uscrisisline.ca
BC Nurses Line	24/7 support	You can speak to a health services navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist	811
Kids Help Phone Line	BC Region- also across Canada	Delivering anonymous and confidential counselling, information and referrals to young people 24 hours a day, 7 days a week in English and French. You can chat confidentially with a trained, volunteer Crisis Responder for support with any issue. Our texting service is available 24/7/365. You don't need a data plan, Internet connection or an app to use it. Remember, all conversations between young people and volunteer Crisis Responders are confidential.	1-800-668-6868 Or text CONNECT 686868 http://org.kidshelpphone.ca/about-us/regional-information/british-columbia/
BC211	BC information and referral line	211 provides free information and referral to a full range of community, social, and government services, and operates twenty-four hours a day, seven days a week.	211 http://www.bc211.ca/about/

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Alcohol & Drugs Counselling	Lillooet Health Centre	Helps individuals determine whether a problem exists with alcohol or drug use. Offers support, education, treatment planning, referrals to treatment or detox centres. For adults or family members.	250-256-1319
Problem Gambling Help Line		Toll-free, 24-hour access to information about, or referrals to, free, problem gambling education and support services for British Columbians.	1-888-795-6111
BC Ambulance	911 for Emergency		250-256-7111
Women's Emergency Shelter	Helping Hands Transition House, Lytton	Provides safe temporary accommodation in a culturally supportive environment to Native and Non-Native women and their dependant children who are in crisis as a result of physical, emotional, mental, spiritual and sexual abuse or violence.	250-455-2284 1-800-318-4455
Family Supports in Kamloops and Kelowna Hospitals and Agencies			
Debra Donald	Aboriginal Patient Navigator- RIH, Kamloops	APNs support services will assist or help with: Understanding the hospital care system; Spiritual connection; Discharge planning; Community and hospital linkages; Promoting access to community services.	Desk: 250-314-2100 Ext 3109 Debra.donald@interiorhealth.ca 250-319-5420 Cell
Michelle McFarlane	APN – RIH, Kamloops		250-318-0697 (cell) Michelle.mcfarlane@interiorhealth.ca
Marina Troke	APN – Casual – RIH, Kamloops		250-319-5420 (cell) Marina.troke@interiorhealth.ca

Name:	Position/Office:	Services	Contact #
Gloria Big Sorrel Horse	Aboriginal Patient Navigator- Kelowna Hospital		250-801-4021 Gloria.BigSorrelHorse@interiorhealth.ca 250-801-0466 Cell
Nicole Big Sorrel Horse	Aboriginal Patient Navigator – Kelowna Hospital		250-862-4000 (5414) Nicole.BigSorrelHorse@interiorhealth.ca 250-801-0466 Cell
Harriet Hird	Aboriginal Patient Navigator- Williams Lake Cariboo Memorial Hospital		250-674-2244 berni.easson@interiorhealth.ca
Family Counsellor	BC Cancer Agency- Kelowna		250-712-3963 1-888-563-7773
Local Health Supports: Lillooet Hospital & Public Health (on and off reserve)			
Bev Grossler	Manager-Rural- Acute, ER, Residential, OR		250-256-4233 Beverly.grossler@interiorhealth.ca
Megan Delf	Director of Patient Care, Lillooet District Hospital		250-256-4233 Megan.delf@interiorhealth.ca
Kim Davy	Public Health, Lillooet		250-256-1314 Kim.davy@interiorhealth.ca
Rose Marie James	Nurse Practitioner, Lillooet		250-256-1380 250-256-1314 (appointments) Rose.james@interiorhealth.ca
Natasha Hatendi	Community Health Nurse, FNHA (on-reserve)	T'it'q'et, Xwisten	250-256-7017 Natasha.Hatendi@fnha.ca
Roxane Petel	Receptionist, FNHA Nursing Health Office, Lillooet		250-256-7017 lfnih@onehealth.ca
Jamie McLeod	FNHA, Community Health Nurse	Tsal'alh, Sekw'el'was, Ts'kw'aylaxw	250-256-7017
Vacant Posted	Clinical Nurse Navigator, St'át'imc Outreach Health Services	Develops trusting relationships with Aboriginal complex or chronic care clients and families and follows the client through the care continuum and	250-256-7530

		works with the client and family to achieve their personal wellness goals.	
St'át'imc Communities Health Directors/Leads			
Franny Alec	Health Director Xaxli'p		250-256-4800 healthmanager@xaxlip.ca
Phyllis Peters	Health Director Tsal'alh		250-259-8232 rhchealthdirector@outlook.com
Charmaine John	Health Coordinator Ts'kw'aylaxw		250-256-4204 HealthCoordinator@tskwaylaxw.com
Shawn Scotchman	Health Manager T'it'q'et		250-256-4118 healthmanager@titqet.org
Andrea LeBourdais	Health/Social Development Director Sekw'el'was		250-256-4136 health@cayoosecreek.ca
Josephine Froste	Health Administrator Xwisten		250-256-7423, Ext 238 healthadmin@xwisten.ca
Vancouver Coastal Health Region Support			
Joan Delorme	Elders Advocate Pacific Association of First Nations Women (PAFNW)	The Elders Advocate supports Indigenous Elders by: Providing one to one services to Indigenous Elders 55 yrs + in the Vancouver region. Accompanies Elders to medical appointments. Ensure follow up appointments Supports Elders in self advocacy. Assists Elders in connecting with existing agencies, services, process, and government agencies.	604-872-1849 604-338-3659 eldersadvocate@pafnw.ca https://www.facebook.com/PAFNW/

FNESS First Nation Emergency Services Society			
Name:	Position/Office:	Services	Contact #
Emerson Adolph	FNESS- Fire Services Officer		1-888-388-4431 250-256-1653 Cell eadolph@fness.bc.ca
Dave McCauley	FNESS- Emergency Response Officer	First Nations' Emergency Services Society of British Columbia (FNESS) is incorporated under the Society Act of British Columbia. Our mission is to assist First Nations in developing and sustaining safer and healthier communities by providing the programs and services	1-888-388-4431 250-378-7296 Cell dmccauley@telus.net
Other Local Service Providers			
Carmen Pallot	Pharmacist, Pharmasave		250-256-4262
Ahmed Magdy	IDA Pharmacy Manager and owner		250-256-7538
Dr. Warner	Lillooet Dental Clinic		250-256-4616
Kim Chute	Speech-Language Pathologist (Therapist) For Children		250-256-4700 Kim.chute@gmail.com
Food bank			
Volunteers	76-5 th Avenue-Food bank- Open	Tuesday/Thursdays 1-3pm For emergencies Daily 10-3	250-256-4400
Local Early Years			
Christine Blakey	Strong Start, Cayoosh Elementary, SD74		250-256-4212
Connie Konkin	T'it'q'et Pre-School		250-256-4831 Konkin60@hotmail.com
Connie Konkin	T'it'q'et Daycare		250-256-0033
Sherri Rommel	Little Steps Daycare, Hop Farm		250-256-9492
Sherry Kane	Headstart and Daycare Ts'kw'aylaxw		250-256-4230
Laurel Brohman	Headstart and Daycare, Xwisten		250-256-7667

Name:	Position/Office:	Services	Contact #
Verna Adolph	Headstart, Xaxli'p		250-256-4800
Miranda Joseph	Headstart, Tsal'alh		250-259-8223
Local Employment Program			
Employment Counsellors	Open Door Group/Work BC Employment Services 639B Main Street	Here to help you find your next job. Access job search resources, employment planning, skills assessment, training, work experience placement and more. Get started using online services or visit your WorkBC centre today.	250-256-7758 info@lillooetesc.ca
Aboriginal Skills Employment & Training Services (ASETS)	Lillooet ASETS Office	ASETS receives funds from Human Resources & Skills Development Canada (HRSDC) to provide training and employment opportunities to Aboriginal people within the Central Interior of British Columbia.	250-256-0293
Lytton and Lillooet Legal Aid			
Leesa Van Peteghen	Legal Aid, Lytton First Nation		1-888-755-2304 leesa@lyttonfirstnation.com
Local Restorative Justice			
	St'át'imc Restorative Justice	Supports Restorative Justice initiatives for the First Nations in the St'át'imc Territory. This involves creating dialogue, and developing & delivering programs and services.	250-256-7393 statimcrj@gmail.com
Name:	Position/Office:	Services	Contact #
Sarah Chandler	Interim Coordinator, Lillooet Restorative Justice		250-256-0683 rj@lillooetlearns.ca www.rjlillooetlearns.ca
Library Services			

Toby Mueller	Lillooet Librarian		250-256-7944 lala@lillooet.bclibrary.ca
Local Schools			
Patrice Barth	Cayoosh Elementary School Principal		250-256-4212 pbarth@sd74.bc.ca
Shawn Merke	George M Murray Elementary School Principal		250-256-7543 annaho@sd74.bc.ca
Mike Seitzinger	Lillooet Secondary School Principal		250-256-4274 mseitzinger@sd74.bc.ca
Helen Wight	Sk'il Mountain Community School Principal, Tsal'alh		250-259-8223 hwight@sd74.bc.ca
Tammy Mountain	SD74 Aboriginal Principal		250-453-9151 tmountain@sd74.bc.ca
Physicians - Lillooet Medical Clinic, 107 8th Avenue			
Dr. Ian Routley			250-256-7505 saffron2@telus.net
Dr. Karl Mascher			250-256-7505
Dr. Terry Miller			250-256-7505
Dr. Nancy Humber			250-256-7505
Dr. Suman Sharma			250-256-7505
Dr. Magdy Mandalaoun			250-256-7505
Dr. Geraldo Ndeve			250-256-7505

Physical Therapist			
Matthew Fitz-James	Lillooet Hospital and Health Centre 4 days/week		250-256-4233 Ext. 7 Matthew.Fitz-James@interiorhealth.ca
Nurse Practitioner			
Rose Marie James	Interior Health Authority Public Health Centre		250-256-1314 (appointments)
Lillooet Hospice Society			
Vi-Anne Zirnhelt-Yew, Chairperson	577 Main Street, PO Box 1008 Lillooet, BC V0K 1V0	Lillooet Hospice Society (LHS) has trained volunteers to support individuals, families and friends experiencing death or an end-of-life experience. Our volunteer companionship provides support in-home, in hospital, and in care facilities. LHS will: Offer companionship, Provide respite care, and provide resources.	LillooetHospice@gmail.com 250-256-4910 BC Hospice Palliative Care Association: Toll Free: 1-877-410-6297 Phone: 1-604-267-7027 e-mail: office@bchpca.org web: https://bchpca.org/ BC Bereavement Helpline Toll Free: 1-877-7792223 Phone: 1-604-738-9950 e-mail: contact@bcbh.ca web: www.bcbh.ca
NALOXONE KIT SITES			
Naloxone is used to treat a narcotic overdose in an emergency situation.	Lillooet Health Centre (975 Murray Street below Sumac Suites)	250-256-1314 Also see, http://www.fnha.ca/wellnessContent/Wellness/FNHA-Naloxone-Info-for-Community.pdf	Kits are available at the Lillooet Hospital and Health Centre at 951 Murray Street and at the First Nations Health Authority Health Centre located at 296 Main Street.

	Mental Health & Substance Use, Lillooet Hospital	250-256-1343 or 250-256-1319	
	Lillooet Hospital Emergency Room	250-256-4233	
	FNHA/ Lillooet Health Clinic 294 Main Street	250-256-7017	
	St'át'imc Outreach Health Services 682 Main Street (temporary location)	250-256-7530 250-256-7535 (fax)	
	T'it'q'et Health	250-256-4118	
	Xwisten Health	250-256-7423	
	Xaxli'p Health	250-256-4800	
Self Help			
Alcoholics Anonymous (AA) meeting	Lillooet: <ul style="list-style-type: none"> Monday – 7-8 pm, #36 Bridge River Tuesday – 8-9 pm, The Parish Hall, green building, 1116 Main Street, behind the Catholic Church Thursday, 8-9 pm, Anglican Church, just up from the Fire Hall18 Friday – 8-9 pm, Lillooet Friendship Centre, 357 Main Street 	12-step support group for men and women who want to stop drinking or are recovering from alcoholism.	https://www.bcyukonaa.org/_p_ub/meetings/meetings.php
Women's Resource Centre	Talking Circle; workshops; support Every other Thursday, Upcoming: Feb 7 th and 21 st , Mar 7 th and 21 st	Supporting, empowering women through training, information sharing.	Community Cares Building (Lillooet Friendship Centre) 76 5 Ave. Lillooet 250-256-8852 Contact: Kate Alec
Grief & Loss Talking Circle	Every other Thursday, 6-8 pm	Community Based Support Group. For people that have experienced sudden loss or are grieving loved ones. This is not a therapy based group.	Contact: Charlene Shaw 250-256-2199 Office, 250-256-8852

Name:	Position/Office:	Services	Contact #
App tool (\$4.99, iTunes)	WRAP, Wellness Recovery Action Plan *Contact Sue Cheechoo at St'at'imc Outreach Health Services, if you are interested, she has books as well.	WRAP was developed by a group of people who have a lived experience of mental health difficulties; people who were searching for ways to resolve issues that had been troubling them for a long time	https://www.wrapandrecoverybooks.com/store/the-wrap-app_moreinfo.html
Breathr App (free iTunes)	The Health Literacy team at BC Children's Hospital, along with a number of different experts and youth, developed "Breathr" – a new app to help introduce the concept of mindfulness and create an easy access point for those who are new to this practice.	Our aim is to show youth that mindfulness can be fun, easy to try, and that it can have very real benefits for their overall health and well-being.	https://itunes.apple.com/ca/app/breathr-mindful-moments/id1213963384?mt=8
Narcotics Anonymous (NA)	<p>*New to Lillooet* At the Better Living Center (Seventh-day Adventist Co.) 603 Main Street Wednesdays: New Beginnings 1:00-2:00 pm, Open Meeting 7:00 – 8:00 pm, Open Meeting</p> <p>-----</p> <p>Kamloops and Area – Open to the Public Merritt: Granite & Chapman Church Rectory - Sunday, Tuesday, Thursday 7:00</p> <p>Kamloops: Nothing to Fear, 421 St. Paul St. – Monday to Saturday, 12:00 pm (except Stat Holidays)</p> <p>Tuesday Night Book Study, 421 St. Paul St. – 7:30, (except Stat holidays)</p>	NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.	Contact: Rocker 250-256-3662 NA Helpline 1-855-349-2722 http://www.bcrna.ca/index.php?category=home

	<p>Just for Today, 421 St. Paul St. – Wednesday, 8:00 pm. (except Stat holidays)</p> <p>Just for the Ladies, 657 Seymour St. – Thursday, 6:30 pm. (women only)</p> <p>Lost & Found, 421 St. Paul St. – Thursday, 7:30 pm. (except Stat holidays)</p> <p>New Beginnings Friday, 421 St. Paul St. – Friday, 8:00 pm. (except Stat holidays)</p>		
Opioid Agonist Treatment (OAT)	https://www.interiorhealth.ca/AboutUs/Leadership/MHO/PHEmergency/Documents/POSTER_OAT.pdf	Opioid agonist treatment provides people who are addicted to opioids with a prescribed daily medication to help with opioid withdrawal and cravings.	Lillooet Hospital and Health Centre Greg Smith 250-256-1343 Or 250-256-1345
Website Resources			
Cancer	<i>LIVING WITH CANCER everyone deserves support, 2017. (FNHA, Métis Nation of BC, BC Cancer Agency, BC Assoc. of Aboriginal Friendship Centres)</i>	The booklet was developed by the partner organizations and includes information on client rights, gathering support, and navigating treatment. The booklet presents tips, questions to ask yourself and your health-care provider, and stories from Indigenous cancer survivors and their families. It also has a glossary of terms, calendar for recording appointments, and space to take notes.	http://www.fnha.ca/wellnessContent/Wellness/Living-With-Cancer.pdf
Cancer	<i>Cancer Awareness Toolkit, 2011.</i>	A booklet by National Aboriginal Health Organization (NAHO). Definitions, descriptions of the screening process, diagnosis of different forms of Cancer, treatment, coping, information for caregivers, prevention, myths.	http://www.fnha.ca/wellnessContent/Wellness/NAHO-Cancer-Awareness-Toolkit.pdf#search=cancer

FNHA	Health Benefits Information Package		http://www.fnha.ca/Documents/FNHA_HealthBenefits_InfoPackage.pdf
First Nations Health Guide, 2001.	The guide provides information on unique health services available to First Nations people in B.C, how to access health services in First Nations communities, and other B.C. health resources.	Note: PharmaCare (prescription coverage) information is not listed in this guide, but most of the other information remains as cited, including the history and rights to access to various health services.	https://www.healthlinkbc.ca/sites/default/files/pdf/first_nations_healthguide.pdf
Southern St'at'imx Health Society	The Southern St'at'imx Health Society serves N'Quatqua, Samahquam, Skatin and Xax'sta (Douglas) First Nations.	The Southern St'at'imx communities will honour the health of the people by working together to deliver holistic community health services.	604-894-0151 info@sshs.ca 321 IR10 Road, Mount Currie www.sshs.ca
University of BC	Indian Residential School History and Dialogue Centre	Provides a more accessible place on the west coast for former students and survivors, their families and communities to access their records and other historical material that the TRC and others have gathered.	604-822-6941 lrshdc.info@ubc.ca www.irshdc.ubc.ca