# NEWSLETTER



The Health Centre is available to on-reserve Band and Community members Monday to Friday from 8:30am to 4:30pm. Please feel free to call or drop in. If you would like to attend any services, please call the health center at 250-292-1478 to book an appointment.

We have a Traditional Medicines table with helpful literature for pick-up that explains how to harvest, prepare, and use for you and your family - predesigned by USIB knowledge keepers.

\*On occasion, we do have programming for off-reserve band members. Please stay up to date with the Band website.

#### **HEALTH TEAM MESSAGE**

Each of us has chosen to work in health care for different reasons, yet we all share a desire to serve our communities. Thanks to an incredible team working daily to provide the best for our clients and community, it will be a fantastic year of growth and opportunity at the health centre.

We are thankful to the people who trust us daily for their care or the care of their loved ones. It is an honour and a privilege to provide them with the high-quality care and emotional support they deserve and expect from us.



## PROGRAMS OFFERED AT THE HEALTH CENTRE

\*Friendly
Reminder to
please show up 5
minutes early to
your appointment

Acupuncture every Monday

Shiatsu every Friday

#### Footcare

Please call Health Centre to schedule an appointment with Sarah Antonick

Heartways Counselling
Please call Health Centre to schedule an appointment

Registered Dietician every Thursday

Elder's Social
There will be an Elders Social February 15th at the Health Centre

## We want to hear from YOU!

What programs and services would you like to see at the Health Centre?

Some ideas to get you started are: mobile dentists. physiotherapists, naturopaths, energy healing, workshops for moccasin/mukluk making?

Would you like to participate in any on-the-land programs?

We encourage community to call the Health Centre with any and all ideas in the hopes to expand services that are of interest to you.

Please call the Health Centre at 250-292-1478



# Mental Health & Wellness Supports INTERIOR REGION First Nations Health Authority

The FNHA Interior Region Mental Health and Wellness Team would like to share this resource for keeping you and your loved ones healthy

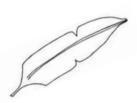
Access 24/7 Culturally Safe Support with the Following Agencies:



Tsow Tun Le Lum Society Toll-Free Line (P): 1-888-403-3123



Indian
Residential
School Survivors
Society
Toll-Free Line
(P): 1-800-721-0066



Line
Society
Toll-Free Line
(P): 1-800-5888717 Youth-Specific
Line (P):
250.723.2040

**KUU-US Crisis** 

### **FNHA Interior Region Community-Based Crisis Support**

The Interior Region FNHA offers access to crisis support funds to stabilize a community during a crisis situation. The goal of this program is to support the utilization of external wellness resources for the community, including the supports such as crisis counseling, critical incident stress debriefing, and traditional wellness service providers.

To access this resource, please have your Chief and/or Health Director submit a Request to: 1-833-751-2525, or IRSupports@Fnha.ca (*Monday-Friday 8:30-4:30*).

For a direct link to your local Interior Health Mental Health and Substance Use Centre, Call #310-MHSU (6478)

WELLNESS CHALLENGE CONTINUES UNTIL FND OF FFBRUARY SUBMIT YOURS NOW!



It can be interpreted that self-care includes everything related to efforts to stay physically healthy, including maintaining personal hygiene, fulfilling the nutrients the body needs, and seeking medical care when needed.

# Self care to yourself

the meaning of self-care itself can be called selfindulgence, or an effort to take the time to do various things that will help a person live well. Here's an example









TRY COOKING