

NEWSLETTER



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.

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 - pre-designed by USIB knowledge keepers.

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



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



KUU-US Crisis Line Society
Toll-Free Line
(P): 1-800-588-8717 Youth-Specific Line (P): 250.723.2040

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).

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

WELLNESS CHALLENGE
CONTINUES UNTIL
END OF FEBRUARY
SUBMIT YOURS NOW!



The Fact Of Self Care

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 self-indulgence, or an effort to take the time to do various things that will help a person live well.
Here's an example



TEXT 250-488-3466 WITH A PICTURE OR DISCRPTION OF
WHAT WELLNESS IS TO YOU