

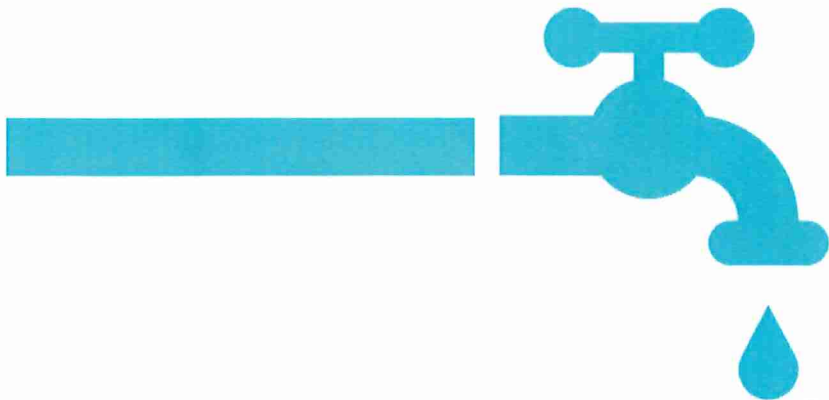


Lheidli T'enneh

February 2024

SUN	MON	TUE	WED	THU	FRI	SAT
MST →				01 Medical Clinic Dr Todd Health Center 1pm-4pm (Please book with Reception)	02 Culligan Delivery	03
04	05	06 Soup & Bannock Brunswick office 12pm-2pm Grief & Loss Workshop Health Center 5pm-7pm	07 Women's Sacred Circle Health Center 6pm-8pm	08	09	10
MST →	11 Medical Clinic Dr Todd Health Center All day (Please book with Reception)	12 Men's Group Health Center 5pm-8pm	13 Elders Valentines Lunch & Games Health Center 12pm	14 On Reserve Community Kitchen 1:00pm	15 Culligan Delivery	16 17
18	19 BC Family and LTN Day Otway 11am Office Closure	20 Medical Clinic Dr Todd Health Center All day (Please book with Reception)	21	22	23	24
MST →	25 In town Community kitchen SFGRC 11AM-2PM	26	27 Medical Clinic Dr Todd Health Center All day (Please book with Reception) Roles in Family Health Center 5pm Dinner Workshop to follow	28 Family Night House of Ancestors 5pm	29	

For more information please contact:
 Health and Family Development Office at (250) 962-9730.
 FB page: Lheidli T'enneh Family Development and Health Services



Water Delivery

Friday

February 2nd & 16th 2024

TIPS FOR WATER DAY:

PLEASE HAVE YOUR EMPTY BOTTLES OUT FIRST THING FRIDAY MORNING TO ENSURE THAT THEY ARE REPLACED.

PLEASE ENSURE THAT THE PLASTIC CAP REMAINS ON THE TOP OF THE BOTTLE WHEN THEY ARE PLACED OUTSIDE. WE HAVE BEEN ASKED TO TRY AND KEEP DIRT FROM ENTERING THE BOTTLES. IF YOU CANNOT PUT A CAP BACK ON PLEASE COVER THE TOP WITH PLASTIC WRAP. IF THE BOTTLES ARE DAMAGED OR DIRTY, THEY WILL NOT BE PICKED UP OR REPLACED. PLEASE TAKE CARE OF EACH BOTTLE TO ENSURE THEY CAN BE REPLACED :)

IF YOUR HOUSE IS MISSED FOR ANY REASON PLEASE CONTACT TAMARA RIGHT AWAY AT THE HEALTH OFFICE.

(250) 962-9730



Lheidli T'enneh

DOCTOR TODD ALEC



IN-PERSON DOCTOR CONSULTATION

CLINIC DAYS

FEBRUARY: 1ST, 12TH, 20TH & 28TH (WITH DR.TODD)

LOCATION: HEALTH CENTER



+250-612-8289 RECEPTION:250-962-9730

Email: jcoleman@lheidli.ca

Lheidli T'enneh Health Centre

MEDICAL RIDES



Your Health, Our Priority !

We are offering on-reserve community members medical rides for those with transportation barriers. We will work with all individual requests to the best of our ability with fair notice of the medical appointment

- Please provide 2 days' notice to accommodate the appointment
- Call the health centre directly to speak to Kyle at Reception to request and provide appointment details



 250-962-9730

 healthreception@lheidli.ca

 Health Centre, 2003 Landooz Road



Lheidli T'enneh



Soup &
BANNOCK

**FEBRUARY 6TH,
2024 @ NOON**

**BRUNSWICK
STREET OFFICE**

Come join us for a Soup
and Bannock luncheon to
start off the month of
February!

Any Questions?
Contact us at
250-962-9730



Lheidli T'enneh





Lheidli T'enneh



Working through Grief Night

Please join

**Our Mobile Support Team who is hosting a
Grief and Loss evening workshop**

Tuesday February 6, 2023

5:00pm to 7:00pm

Location: Health Centre

Dinner will be served

Please call if you require a ride
250-962-9730

The Grief and Loss workshop is broken down into 3 short sessions of about 2 hours each. Each session builds on the information from the previous workshop.

You will be involved in activities, watch videos, play a game that explores grief, how to take steps towards healing and support others that are grieving. We will look at human emotions, what they mean to us and others and the behaviors associated with them. We will practice medicine wheel coping skill(s) and review community resources.



Lheidli T'enneh

Sacred Circle

WOMEN'S AND
GENDER DIVERSE

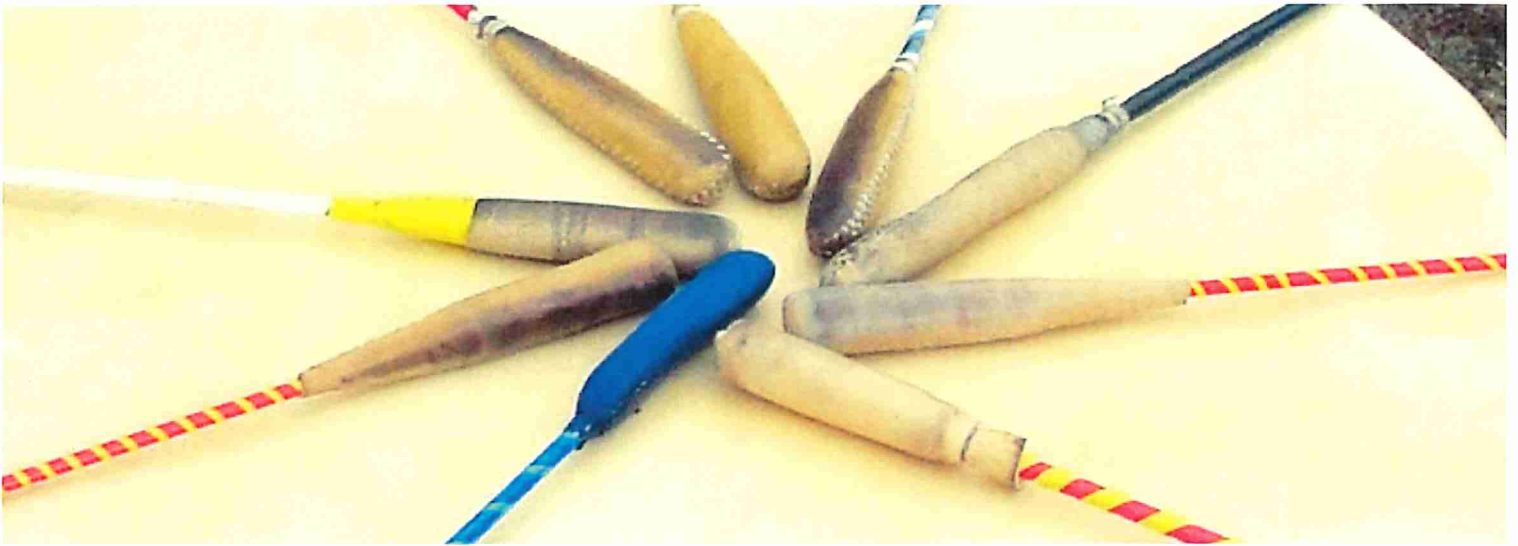
Wednesday February 7th

6:00pm

Dinner will be served

Location: Health Centre

**Please contact Health reception if you have any
questions: 250-962-9730**



MENS GROUP

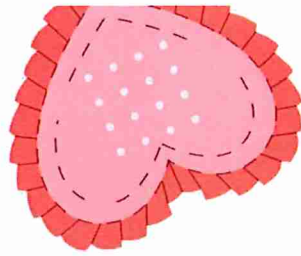
Tuesday

**February 13th 2024 5:00pm -
7:00pm**

Health Centre, 2003 Landooz Rd

**Don't miss out on the next Men's Group dinner!
There were many great ideas provided at the last
men's dinner on what initiatives our men would
like to see in community, please join to build onto
the ideas and discussions!**





Please join us for a

Elders Valentine's Lunch & Games

Lheidli Health Center
2003 Landooz Road

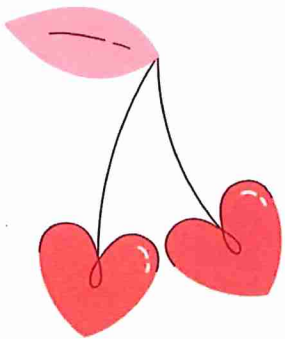
14 February

Start at 12PM

LUNCH
GAMES | DOOR PRIZES

RSVP

Health Department
250-962-9730



COMMUNITY

Kitchen

Meal supplies and recipes provided

The on reserve Kitchen will be offering an in person community kitchen OR a recipe drop off and ingredients for both North side and South side.

Sign-up is required for Both

In town session will remain the same with rides available to anyone interested

Please sign up with Kyle or Phyllis at 250-962-9730

Northside & Southside Kitchen: February 15th 2024 Time:
1:30PM

Location: Health Centre

In town: February 26th 2024 Time: 11AM -2PM
Location: South Fort George Family Resource Center



BC Family & LTFN DAY

Join us for a day of winter
family fun at the Otway
Nordic ski club this month!

February 19th 2024
11am Start Time
Hotdogs and Hot chocolate

Any questions?
Please contact us at
250-962-9730



YOUR LHEIDLI FAMILY DEVELOPMENT TEAM
INVITES YOU TO:

Family Night

*All Lheidli T'enneh members are
invited to a Family Night Dinner at the*

**House of Ancestors Hall on February
29th 2024 starting at 5pm**

Dinner served at 5:30PM

This event is for members to
reconnect with community, with no
business on the agenda. There will be
some Crafts, Games & Door Prizes.



Lheidli T'enneh