



Lheidli T'enneh

May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
05	06	07 Walking Group Masich Place 1:30pm – 2:30pm	08	09	10 Culligan Delivery Mother's Day Luncheon Health Center 12pm Medical Clinic Dr. Todd Health Center (Please book With reception)	11
12	13	14 Walking Group Masich Place 1:30pm – 2:30pm	15	16 Northside/Southside Community Kitchen 1-3pm (Sign Up)	17	18
19 Lheidli T'enneh AGM Civic Centre	20 Victoria Day (Offices Closed)	21 Walking Group Masich Place 1:30pm – 2:30pm Medical Clinic Dr. Todd Health Center (Please book With reception)	22 Beading Session Fam Dev office 5 – 7pm	23	24 Culligan Delivery	25
26	27	28 Walking Group Masich Place 1:30pm – 2:30pm Community Kitchen SFGRC 11am – 2pm	29 Medical Clinic Dr. Todd Health Center 1 pm – 4:30pm	30 Medical Clinic Dr. Todd Health Center 1 pm – 4:30pm	31	

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

3rd Annual



MOC WALK PREP

Every walk (walking program) you attend or picture of walking you will be entered to win a new pair of Hokka, Nike or Addias shoe!

Text your photo to health cell at [778-349-3832](tel:778-349-3832) or send a FB message to the Health and Family Dev. Page

Any questions call Health Reception 250-962-9730

Please join our weekly walking program to start preparation for our Annual Moccasin Walk. If you cant join in person, walk on your own time in a place that works for you!

TUESDAY'S

MAY 7, 14, 21, 28,

**Outside walking if weather permits
Location: Masich Place Stadium
1:30pm - 2:30pm**



MOTHER'S DAY LUNCHEON

FRIDAY MAY 10TH, 2024
START TIME: 12PM

Join us to celebrate the Mothers in our
community. Lunch will be served at 12pm

LHEIDLI HEALTH CENTER (2003 LANDOOZ ROAD)

QUESTIONS PLEASE CALL 250-962-9730





Lheidli T'enneh

DOCTOR TODD ALEC



IN-PERSON DOCTOR CONSULTATION

CLINIC DAYS

MAY: 10TH , 21ST, (ALL DAY)

MAY: 29TH & 30TH FROM 1PM-4:30PM (WITH DR.TODD)

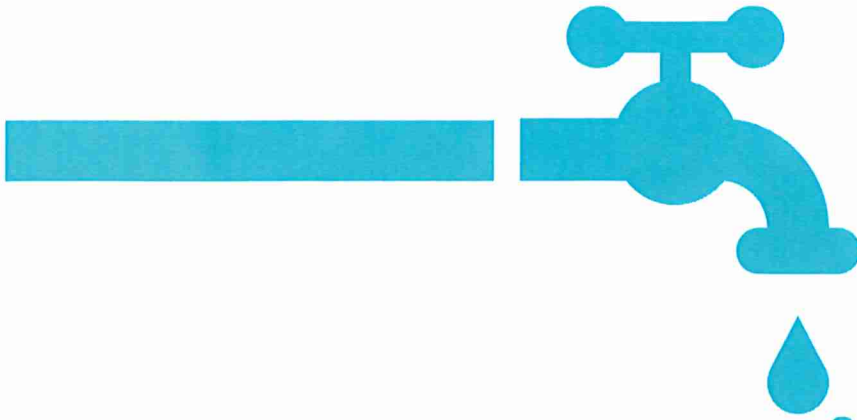
LOCATION: HEALTH CENTER



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

Email: jcoleman@lheidli.ca

Lheidli T'enneh Health Centre



Water Delivery

Friday

May 10th & 24th 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

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: May 16th 2024 Time: 1:30PM

Location: Health Centre

In town Kitchen: May 28th 2024 Time: 2pm

Location: South Fort George Resource Center



Community Beading Night

DATE: MAY 22ND 2024

TIME: 5 PM TO 7 PM

LOCATION: FAMILY DEVELOPMENT OFFICE

DINNER & SNACKS PROVIDED.



Lheidli T'enneh
Cultural Event

MAY

Mental HEALTH

AWARENESS
MONTH

Create

Move

Learn

Reflect

Stay
positive

Connect

LET'S PAINT THE WORLD WITH
AWARENESS AND UNDERSTANDING



Mental HEALTH



**RESOURCES &
COUNSELLING**

**IF YOU WOULD LIKE TO CALL THE
HEALTH CENTRE FIRST PRIOR TO
FINDING THE RIGHT SUPPORTS,
PLEASE CONNECT WITH NURSE JENN**

Mobile Support Team: Jim Hauck 250-612-7247,

jim.hauck@northernhealth.ca

**Arnica Counselling (Can call yourself to book with any counsellor, if it is
not a FNHA, costs will be covered through the Nation): 250-562-1800**

**Kim Brown (Arnica, Child/Youth): Contact Tasheena 250-640-7670 or
250-962-9730 to schedule with Kim**

Louis Bioragi Counselling, Louis Boiragi: 250-617-5588

Owl Pod Virtual Mental Health Clinic: 1-833-695-7637

Circle of Care: KUU-US Indigenous Crisis Line: 1-800-588-8717

Child/Youth Line: 250-723-2040

Adult/Elder: 250-723-4050

Hope for Wellness Helpline: 1-855-242-3310

Northern BC Crisis Line: 250-563-1214, 1-888-562-1214

Youth Line: 250-564-8336

BC Suicide Prevention and Intervention: 9-8-8



**HEALTH CENTRE 250-962-9730
NURSE JENN 250-612-8289**





First Nations Health Authority
Health through wellness

Mental Health Support

24 hour supports

Hope for Wellness Help Line

offers immediate mental health counselling and crisis intervention by phone or online chat.

Phone (toll-free): 1-855-242-3310

Website: hopeforwellness.ca.

KUU-US Crisis Line Society

provides crisis services for Indigenous people across BC.

Phone (adults and Elders): 250-723-4050

Phone (Youth): 250-723-2040

Phone (toll-free): 1-800-588-8717

Website: www.kuu-uscrisisline.com.

Métis Crisis Line is a service of Métis Nation British Columbia.

Phone: 1-833-MétisBC (1-833-638-4722)

VictimLink BC Immediate 24 hours, 7 days a week, crisis support or victims of family or sexual violence. This service also provides [information and referrals](#) for all victims of crime. Phone: 1-800-563-0808
Email: VictimLinkBC@bc211.ca

9-8-8 National Suicide Crisis Helpline offers immediate support anytime for support in English or French.

1-800-SUICIDE offers support for those experiencing feelings of distress including thoughts of suicide. This phone line is available in over 140 languages.
Phone: 1-800-784-2433

Indian Residential School supports

Indian Residential School (IRS) survivors and impacted family members can access supports directly from the IRS service providers listed below.

Adah Dene Healing Society

provides health and cultural supports.

Phone: 250-996-5024

Email: nakazdli.elders@outlook.com.

Carrier Sekani Family Services

provides health and cultural supports.

Phone: 250-567-2900

Email: slarocque@csfs.org.

Gitanmaax Health Gitxsan Health

Society provides health and cultural supports. Phone: 250-842-6320 or Email: healthdirector@gitanmaaxhealth.ca.

Gitanyow Human Services

provides health and cultural supports.

Phone: 250-849-5288

Email: director@gitanyowhealth.ca.

Indian Residential School Survivors

Society (IRSSS) is a partner with the FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools, and their families, regardless of status.

Phone (toll-free): 1-800-721-0066

Website: www.irsss.ca.

Indian Residential School Crisis Line is a national service for anyone experiencing pain or distress as a result of their residential school experience.
Phone (toll-free): 1-866-925-4419.

Kispiox Health provides health and cultural supports. Phone: 250-842-6236
Email: tbaskin@anspayaxwhealth.ca.

Nuu Chah Nulth Tribal Council

provides health and cultural supports.

Phone: 250-724-3939 or Email:

sanne.vanvlerken@nuuchahnulth.org.

Okanagan Nation Alliance

provides health and cultural supports.

Phone: 250-826-7844

Email: Wellness.Manager@syilx.org.

Sik-E-Dakh Health Society

provides health and cultural supports.

Phone: 250-842-6876

Email: andrew@sikedakh.org.

Tsow-Tun Le Lum Society

provides confidential outreach services such as counselling, cultural supports and personal wellness programs.

Phone (toll-free): 1-888-403-3123

Website: www.tsowtunlelum.org.

Other culturally-safe supports

BC Alcohol & Drug Information Referral

Service provides information about substance use treatments or supports in your area. Phone: 1-800-663-1441
Phone (Lower Mainland): 604-660-9382

BC Seniors' Distress Line offers support for Seniors or anyone who is concerned about an older adult.
Phone: 604-872-1234

First Nations Virtual Substance Use and Psychiatry Service

offers provides individuals with access to specialists in addictions medicine and psychiatry as well as mental health and wellness care coordinators. Email: fnvsups@fnha.ca.

Foundry virtual access province-wide virtual services

for youth under 24 and their caregivers. All services are free and confidential, and may be accessed through the Foundry BC app or chat.
Phone: (1 833 308-6379) or video calls.

310 Mental Health Support offers emotional support, information and resources specific to mental health. This phone line is available in over 140 languages. Phone (no area code): 310-6789.

Youth supports

Child and Youth Mental Health (CYMH)

Community-based teams offer mental health counselling for children and youth and their families across BC from the Ministry of Children and Family Development. Virtual care is available by phone and online. Call your [closest Child and Youth Mental Health clinic](#).

Kids Help Phone Get 24/7, immediate counselling, support, information and referrals. Phone: 1 800 668-6868 or Text: TALK to [686868](tel:686868)
Texting support for adults available by texting TALK to [741741](tel:741741)

Youth in BC offers crisis support available for youth 25 and under.
Website: youthinbc.com

KUU-US

CRISIS RESPONSE SERVICES

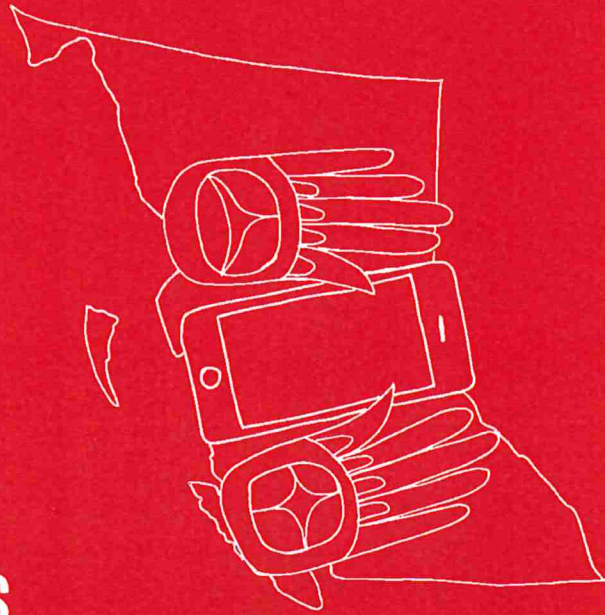
1-800-KUU-US17 | 1-800-588-8717

CHILD/YOUTH: 250.723.2040 ADULT/ELDER: 250.723.4050

**CULTURALLY SAFE
HELP AVAILABLE**

**24 HOURS A DAY
7 DAYS A WEEK**

**FIRST NATIONS AND
ABORIGINAL PEOPLES
HELPING FIRST NATIONS
AND ABORIGINAL PEOPLES**



First Nations Health Authority
Health through wellness

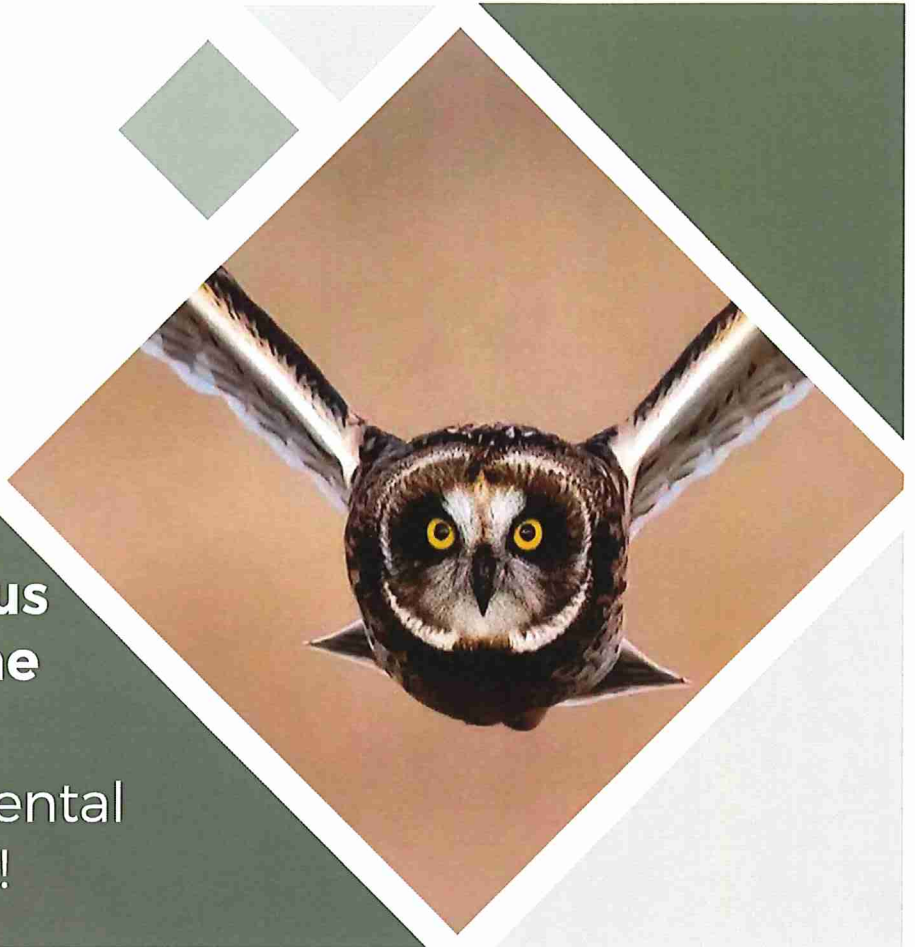


KUU-US Crisis Line Society



OWL POD

DREAM BIGGER



**Are you Indigenous
and need someone
to talk to?**

NIHB covers 20 mental
health visits a year!

BELIEVE IN YOU - AGAIN

- ▶ Weekend and evening appointments available.
- ▶ Your first visit can be within a week.
- ▶ Appointments available anywhere virtually through telephone and video.
- ▶ No Referral needed.

▶ **Canada's largest virtual
mental health clinic.**

▶ **We offer support for anxiety,
depression, loneliness, stress
and grief.**

▶ **42 Doctors, 3 Psychiatrists
and Counsellors to support
Indigenous peoples across
Canada.**

GET STARTED

☎ 1 833 695 7637 🖱 BELIEVE@OWLPOD.ca ☎ 403 305 7585

NON-INSURED HEALTH BENEFITS FOR STATUS FIRST NATIONS