

ʔAQʔAM

Health & Wellness

December 2023

Nistamu ʔat ʔuniłłuxaxamni Natanik

December, when the sun goes under.



Follow us on Facebook to stay up to date on current and upcoming events.



ʔaqam Community Health and Wellness



ʔAQʔAM
COMMUNITY



Elders Yoga



Open to ʔaqam community members

Dates And Times:

November: 16, 23, 30

December: 7, 14

2:00-3:00

Location:

Health and Wellness
Centre

- All Yoga Equipment Provided
- Loose, Comfortable Clothing Suggested



**Contact Jenny, Tara or the Health
Centre to sign up:**

Jenny: jdamstrom@aqam.net

Tara: tdelaire@aqam.net

Health Centre: 778-761-0917

Limited Spots Available





?AQ'AM
COMMUNITY



**The ?aam Health and Wellness Centre
Christmas closure will be:
December 22, 2023 being our last day open,
January 8, 2023 our first day back.**

**For urgent medical needs please go to
urgent care or call your family doctor.**

Urgent Care: 250-420-2323

For Medical emergencies call 911.



Have a safe and happy holiday



Emergency numbers for mental health supports

Interior Crisis Line: 1-888-353-CARE (2273) for support, resource and Information. The line is available 24 hours a day, 7 days a week.

1-800-SUICIDE (1-800-784-2433). If you are thinking about ending your life or are concerned about someone who may be, you can call for help any time of day or night, from anywhere across BC. It's a free call.

Mental Health Support Line: Call 310-6789 (do not add 604, 778 or 250 before the number). This number will connect you to your local BC crisis line without a wait or busy signal, 24 hours a day. Crisis line workers are trained to help provide emotional support as well as mental health information and resources.

Kid's Help Phone: Call 1-800-668-6868. For kids and teens (ages 20 and under), professional counsellors are available to help, 24 hours a day. It's free, confidential and anonymous

KUU-US Crisis Response Services: Culturally Safe help 24 hours a day 7 days a week. 1-800-588-8717.

Child/Youth: 250-723-2040

Adult/Elder: 250-723-4050

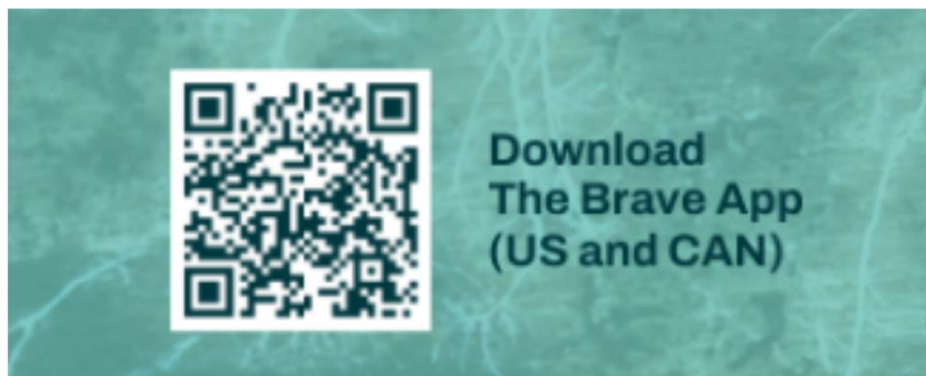




The Brave app makes overdose detection tools that activate life-saving community response.

The Brave App, Brave Buttons, and Brave Sensors help keep people who use drugs alone safe(r).

Visit www.brave.coop or scan the QR code below to learn more about The Brave App.



Using Alone?



Download Lifeguard App



The app has a 1 minute timer. If you are not able to snooze or turn off the timer after 1 minute, the app will contact ambulance services with your location in case of an **overdose**.



More overdose prevention information: lifeguardDH.com



LIFEGUARD
DIGITAL HEALTH
Powered by eMERGE

Health Center Info

- Jenny, our Community Health Nurse, is available by appointment for clinic visits for health-related issues. This includes physical assessments, blood pressure, vitals, blood sugars or referrals to other providers.
- FREE Shingrix Vaccines available to Indigenous community members ages 65 and older (50+ with documented medical conditions)
Contact Jenny for more information (778) 761-0743
- Flu and Covid Vaccines available by appointment. Call Jenny or Jessica to book an appointment.
Jessica (778) 761-0917
Jenny (778) 761-0743
- Harm reduction items available. Call or come to the Health Center. No name or info needed. Confidential.

Period Poverty packages are still available! Just contact Jessica or Jenny at the Health Centre.

Jessica (778) 761-0917

Jenny (778) 761-0743





Our Team is Available Monday - Friday 8:30-4:30. Excluding Statutory Holidays.

- Jessica Cashen, Administrative Assistant jcashen@aqam.net (778) 761-0917
- Jennifer Damstrom, Community Nurse jdamstrom@aqam.net (778) 761-0743
- Pina Zilli, Registered Care Aide pzilli@aqam.net (778) 761-1057
- Frankie Hunt, Registered Care Aide fhunt@aqam.net (778) 761-0833
- Jackie Brown, Intake and Case Manager jbrown@aqam.net (778) 761-1039
- Kim Halvorson, Social Development Assistant khalvorson@aqam.net (778) 761-0913
- Shelby Aquila, Wellness Coordinator saquila@aqam.net (778) 761-0747
- Autumn Patrick, Life Skills Worker apatrick@aqam.net (778) 761-0896
- Tara Delaire, Wellness Liaison tdelaire@aqam.net (236) 302-1626
- Richard Leesman, Addictions Counsellor 250-919-4606
- Monica Lloyd, Director of Health and Wellness mlloyd@aqam.net (778) 761-0920