

# AQAM

## Health & Wellness

August 2022

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August, the month when all types of fruit open at night



### Events

Foot Clinic August 15<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>

Walk in Counselling August 2<sup>nd</sup> and 24<sup>th</sup> 11:00 – 2:00

YOU ARE INVITED TO THE

# 2022 YOUTH LEADERSHIP RETREAT

MONDAY AUGUST 29TH TO  
FRIDAY SEPTEMBER 2ND

CMH Galena Lodge

At this time, all participants must be fully vaccinated as per  
CMH policy. Contact us today to hold your spot!



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CMH  
HELI\*SKIING

August 31 2022





## WAYS TO REDUCE DRUG AND ALCOHOL USE

-  Connect with sober family and friends
-  Buy your favourite non-alcoholic beverage
-  Get out in nature. Go for a walk or drive with a friend
-  Attend support groups or meetings
-  Take part in your favourite hobbies



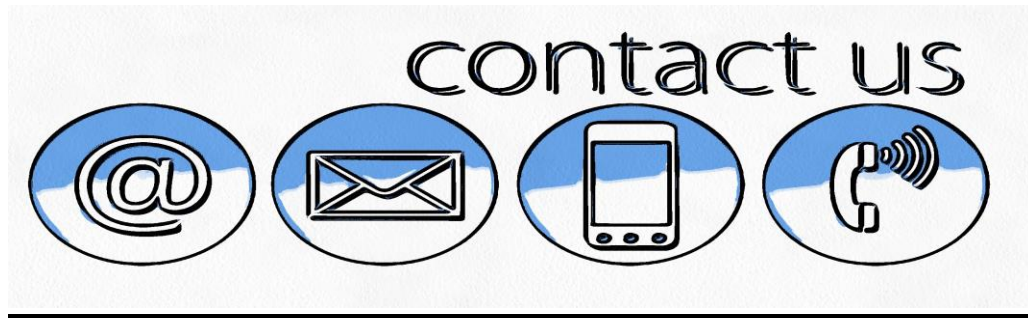
## Additional Health and Wellness Centre Information

- **COVID 19** take home tests are still available at the Health and Wellness Office. If you or your family are symptomatic, please contact us for drop off, or stop at the Health and Wellness Office for pickup.

- Reminder for everyone to continue to practice good handwashing hygiene. Handwashing is one of the most effective ways to help stop the transmission of the Covid 19 virus, as well as other viruses.

- The Health and Wellness Office has harm reduction supplies, such as Naloxone kits. Please feel free to contact us if you, your friends, or family are in need. We also have feminine hygiene products and lice kits available.

- If you or your loved one is struggling with addiction issues (drug, alcohol, gambling, shopping etc.) please don't hesitate to contact Jenny, Shelby or Shawnae at the Health and Wellness Clinic. Referrals can be made to a variety of treatment centers. Privacy and confidential is guaranteed. Your health and wellness are our top priority.



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

**Team Contact Information:**

- Jessica Cashen, Administrative Assistant [jcashen@aqam.net](mailto:jcashen@aqam.net) ext. 3811 | (778) 761-0917
- Jennifer Damstrom, Community Nurse [jdamstrom@aqam.net](mailto:jdamstrom@aqam.net) ext. 3527 | (778) 761-0743
- Josh Lockhart, Youth and Family Counsellor [jlockhart@aqam.net](mailto:jlockhart@aqam.net) ext. 3808 | (778) 761-0833
- Shelby Aquila, Wellness Coordinator [saquila@aqam.net](mailto:saquila@aqam.net) ext. 3582 | (778) 761-0747
- Shawnae Goddard, Life Skills Worker [sgoddard@aqam.net](mailto:sgoddard@aqam.net) ext 3819 | (778) 732-4179
- Richard Leesman, Addictions Counsellor 250-919-4606
- Debbie Patrick, Registered Care Aide [dpatrick@aqam.net](mailto:dpatrick@aqam.net) ext. 3528 | (778) 761-0927
- Michelle Shortridge, Director of Operations & Community Services [mshortridge@aqam.net](mailto:mshortridge@aqam.net) ext. 3523 | (778) 761-1040