

Xwisten Newsletter

May 2026



Bridge River Indian Band

PO Box 190 Lillooet BC, V0K 1V0

12210 Joseph Rd

Phone: 250-256-7423

Toll Free: 1-888-256-2423

Admin Fax: 250-256-7999

Health Fax: 250-256-2443

Lands: 250-256-7997

B.R.M: 250-256-4061

Mother's Day Pancake Breakfast:

May 10 (9am-12pm) [Gym]

Elder's Tea:

May 13 (1pm) [MPR]

Elder's Lunch:

May 20 (12pm) [Town]

Bingos:

Youth—May 22 (5pm)

Elders—May 3, & May 25 (5-



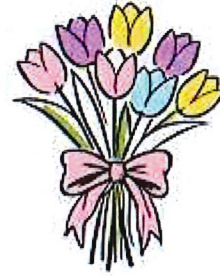
BRIDGE RIVER INDIAN BAND

P.O. BOX 190, LILLOOET, BC V0K 1V0 ● PH: (250) 256-7423
ADMIN FAX: (250) 256-7999 ● HEALTH FAX: (250) 256-2443

May 1, 2026

To Xwisten Members,

Re: Xwisten May Newsletter Update



The following are updates for this month:

- **Firewood**, available at transfer station for members to cut their wood
- **Transfer Station – Reminder for Members to put garbage in the metal bins and not on the ground**
- **Xwisten Fire Volunteers still looking for new members** ongoing
- **Current Band job postings:** ECE Worker, Ama7 Swa7 Nurse – Interim, Food Systems Horticulture trainee, Climate Intern, Agricultural Farm, Headstart Daycare Manager, Lands O&M Worker, Lands Front Desk Assistant, Fish Techs, and check our website and Facebook for more information
- FireSmart your home and yard encouraged, call to arrange for garbage trailer
- Housing Department following up on repairs, maintenance and applying for renovation funding
- **Reminder to those with outstanding House Arrears to make a re-payment plan and thank you to Members who are following through with their commitments**
- If you have a questions, concerns or recommendations to call the Band office and you can also write them and use the drop box outside the Band office
- Fire Ban in place
- Water restrictions – lifted. Please refrain from over using water as our water wells are low – water table is down
- Weed whacking in the community is beginning. Please help out
- Car removal to start May 15 - \$100.00 a vehicle incentive
- Gutter cleaner on site starting May 6 – Fire prevention

Gary Forsyth
Administrator



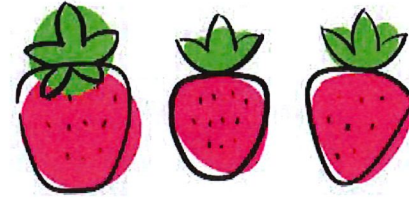
BRIDGE RIVER INDIAN BAND (Xwisten)

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May 1, 2025

To Xwisten Members,



Re: Xwisten May Newsletter Housing Update

- **Reminder all Rent must be paid by 1st of every month**, talk to housing if conflict occurs.
- If you have rental arrears, please stop in and complete arrears payment plan form, if not, will move to possible eviction
- **All garbage should be bagged/double bagged if heavy and inserted in garbage can, no loose garbage will be picked up as per new Lillooet Landfill guidelines**
- All garbage and recycle bins must be placed near road away from house, out by 9am convenient for driver for garbage pickup, if placed by house, will miss pickup
- Members can request garbage trailer; it will only be booked for two (2) days due to demand. Items must be sorted. (I.E. steel pile, wood, etc...) Watch for rocks on road
- Gutter cleaning on all houses May 06, 2026
- Housing Energy Assessments are done, outcome to apply for funding for repairs
- FireSmart interior/exterior of your home and encourage all houses to do cleaning, carport declutter, and bring excess garbage to transfer station (ask family and friends for assistance). Utilize garbage trailer and transfer station.
- Encourage households to change over light bulbs to LED bulbs to conserve energy and will look at Energy Workshop at a later date
- Do not overload washing machines or dryers as this can burn out machine. Clean lint traps as needed, and keep washer lid open to prevent moldy smell
- Watch out for rodents. Clean all food spills and crumbs, store all food in plastic or jars, use dedicated traps in safe/no touch areas
- **We encourage all dogs to be on a leash or fenced yard** and clean up pet feces for health and safety reasons. Report any animals off leash, and attacks
- Reminder, as per rental agreement, only two (2) pets per household
- **Dogs are chasing vehicles and some are bothering other dogs within their fenced yard and injuring dogs, dog owners identified will be notified. Reminder as pet owners you are responsible for damages and keeping your dog in your yard**
- Ask Band Administration for assistance for spaying and neutering
- Be ready for power outages, have extra blankets on hand, candles, dry/canned goods, snacks, have your home/travel emergency kits updated and ready
- Junk car/truck removal May 15, 2026. Incentive for FireSmart/Forest fire program. \$100 for each vehicle.

Blaine Kane

Operations & Maintenance,
Infrastructure & Housing Manager

Thank You

Volunteers, Staff, Community & all Donations

EARTH DAY 2026



**Volunteers are the backbone of compassion.
Your time, energy, and heart make a lasting impact.
Thank you for being truly extraordinary.**

Lands and resources

May 2026 Update

FUEL MANAGEMENT BRIDGE RIVER UPDATE

Fuel Management work is complete in the Bridge River Area as part of ongoing efforts to reduce wildfire risk and enhance overall community safety.

On January 6, 2026, the Bridge River Fuel Management Crew began operations in Polygon 12HK, focusing on reducing overgrown and hazardous vegetation. This type of work is critical for slowing potential wildfire spread and improving access for fire crews during an emergency.

Thanks to favorable weather conditions and strong cooperation among crew members, progress has remained steady, and all planned objectives have been met to date. One challenge encountered this winter was unusually warm weather, which affected the sensitive archaeology



Daniel Peter, Darrin Michel,
Darius Levine, Norissa Levine.
Missing Ian Adams, Darren Bob

CONTINUED - FUEL MNGT

sites located within the 12HK block. To ensure proper cultural and archaeological protection, project funding was amended to bring a Heritage Worker onsite during operations in these areas. Work in 12 HK was fully completed March 27, 2026. Fuel management initiatives like this play a vital role in FireSmart and wildfire-preparedness strategies. They help safeguard homes, infrastructure, and culturally significant lands, while supporting healthier forest conditions. Work will continue in the area as conditions allow, with safety remaining our top priority at every stage. Lastly, I would like to extend sincere appreciation to the entire Fuel Management Crew and our Heritage Worker for their professionalism, dedication, and hard work throughout this project. Thank you all for job well done
Brent Narcisse - Lands/Firesmart Coordinator

HERITAGE LEAD - KELSEY ALEC

I would like to introduce myself; my name is Kelsey (Chuck) Alec, I am a newly appointed Heritage Lead for Xwisten Lands Department. I started April 1, 2026, and have been enjoying it so far.

A little background about myself, I worked for my band Ts'kw'aylaxw for 12 years, started out as the GIS trainee then moved into a full-time position as the Natural Resource Manager up until 2017. Then I worked for St'at'imc Eco-Resources as a Fisheries Technician, then moved on to Xwisten as Cultural and Heritage crew member/Fisheries Technician. I worked up at the Lime plant for a bit running excavator.

To date I have been working on numerous projects such as BC Hydro pole replacement, West Pavillion range fence replacement, STH cutting permits, Endurance trail construction, BCTS - Cadwaller Hurley gravel pit and Talisker just to name a few.

We have posted for the Heritage crew members and will be hiring soon; it is going to be a very busy year for us this year and looking forward to working with everyone this coming field season.

Hope you all have a wonderful Day
Chuck



Figure 1: Current state of the Horseshoe Bend - Photo taken in July 2025

XWISTEN FISHERIES DEPARTMENT UPDATE

Xwisten Fisheries has been working on the development of the Horseshoe Bend as a fish and fish habitat restoration site for many years. Many roadblocks had to be overcome before we were able to present a design that will holistically fit both, wildlife, and fish.

After the detrimental flow releases from the Terzaghi dam in 2016 to 2018 and thereafter through the “High Flow Settlement Agreement” between St’at’imc and BC Hydro, funds were made available to develop the Horseshoe Bend. This will increase fish habitat for refuge and rearing in the lower Bridge River to compensate for the created loss.

Designs that have been presented to Xwisten, St’at’imc and BC Hydro in the past, were overengineered due to a specific square meter area of habitat creation that was needed to meet the requirements of the “High Flow Settlement Agreement”. The barrier to meet a target square footage has since been removed and a team consistent of Xwisten Biologists, Wildlife experts, Hydrologists, BC Hydro reps and DFO reps have been meeting regularly to develop a design that fits the specific local needs of wildlife and fish.

The current state of the development of Horseshoe Bend is that a design has been approved by Xwisten Chief and Council as well as the Joint Panning Forum (a group consisting of St’at’imc reps, BC Hydro reps and DFO reps). Following this approval, Xwisten Fisheries will be working on getting the required permits to then move into the construction phase.

The approved design requires to connect the back channels of the Horseshoe Bend with the mainstem of the lower Bridge River (see Figure 2). A 15m wide riparian bench will be created around the outer channel. This bench, which is lowered in elevation, will have the benefit of allowing vegetation to establish itself as they will be able to reach the water table with their roots. The creation of vegetation establishment and growth serves multiple purposes: It allows for shade in the newly created channel, which is crucial to cool down the water temperatures for rearing salmonids in the Horseshoe Bend. Furthermore, by increasing the vegetation in the Horseshoe Bend existing established wildlife, such as snakes, beavers, and bats will profit from the created additional habitat.

The bench around the created channel will also provide room to complex the habitat and create pockets of deeper pools, riffles, side channels and woody debris etc. This will allow multiple salmonid species to use the outer channel in the Horseshoe Bend as rearing habitat. By allowing the lower Bridge River to partly take its original course (before mining operations) and increasing the floodplain on the outer side of the Horseshoe Bend, the river will be encouraged to find its true course, so we can learn which way it really wants to take.

Taking advantage of the age of AI (artificial intelligence), Colin McGregor (DFO) was able to provide a vision board on how the Horseshoe Bend could look like before and after construction.

Additionally, he was able to visualize on what the Horseshoe could look like in 20 or 50 years (see Figure 3).

Xwisten Fisheries is working on other exciting projects of which updates will follow in the Xwisten newsletters to come, so stay tuned.

By Vroni Lambinet – Lead-Bio

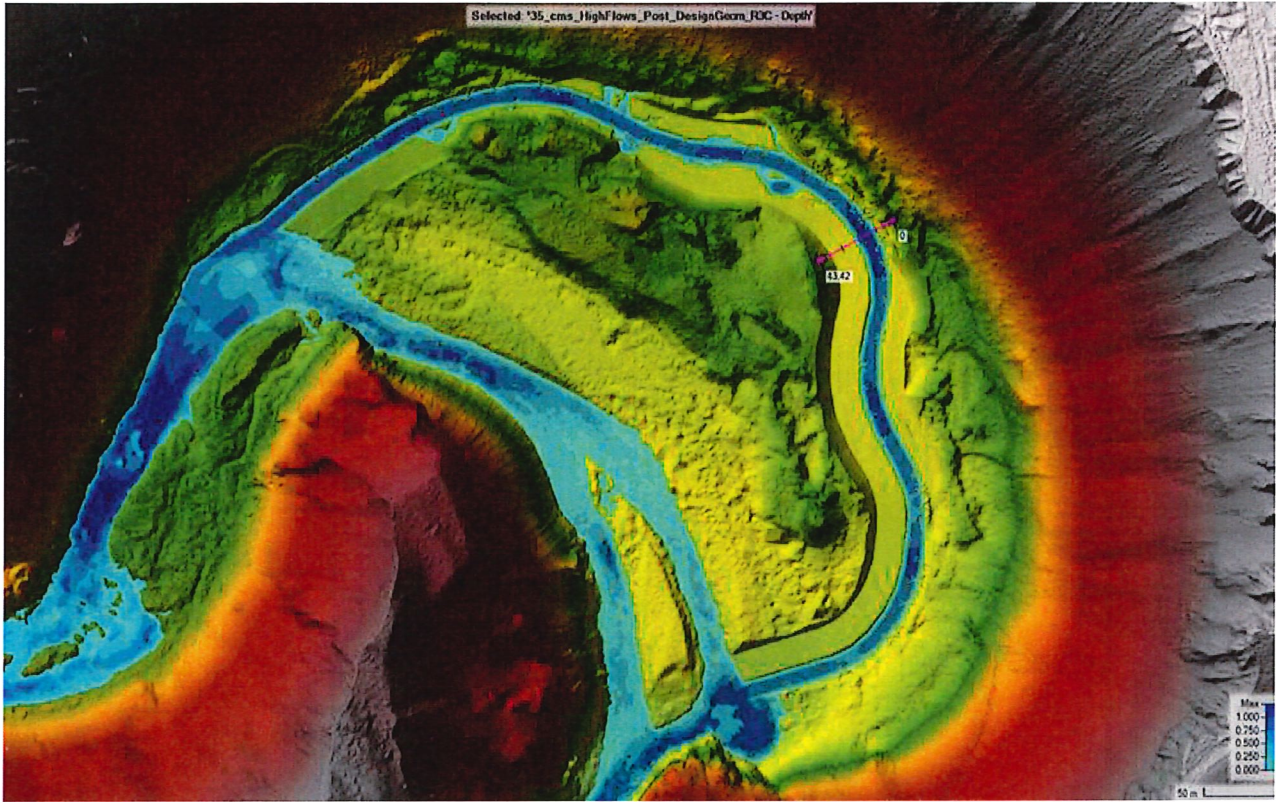


Figure 2: Elevation map of the Horseshoe Bend design plands - By NHC (Northwest Hydraulic Consultants).

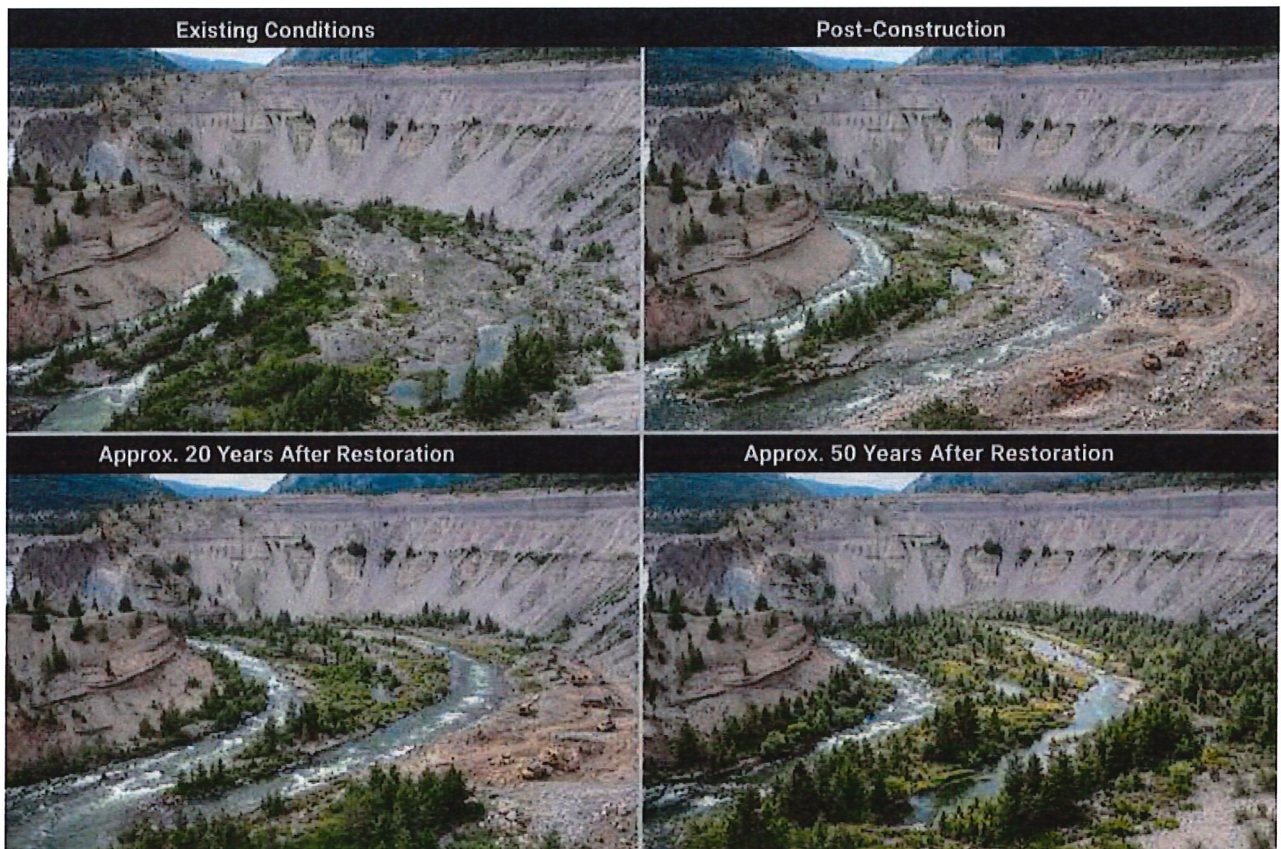
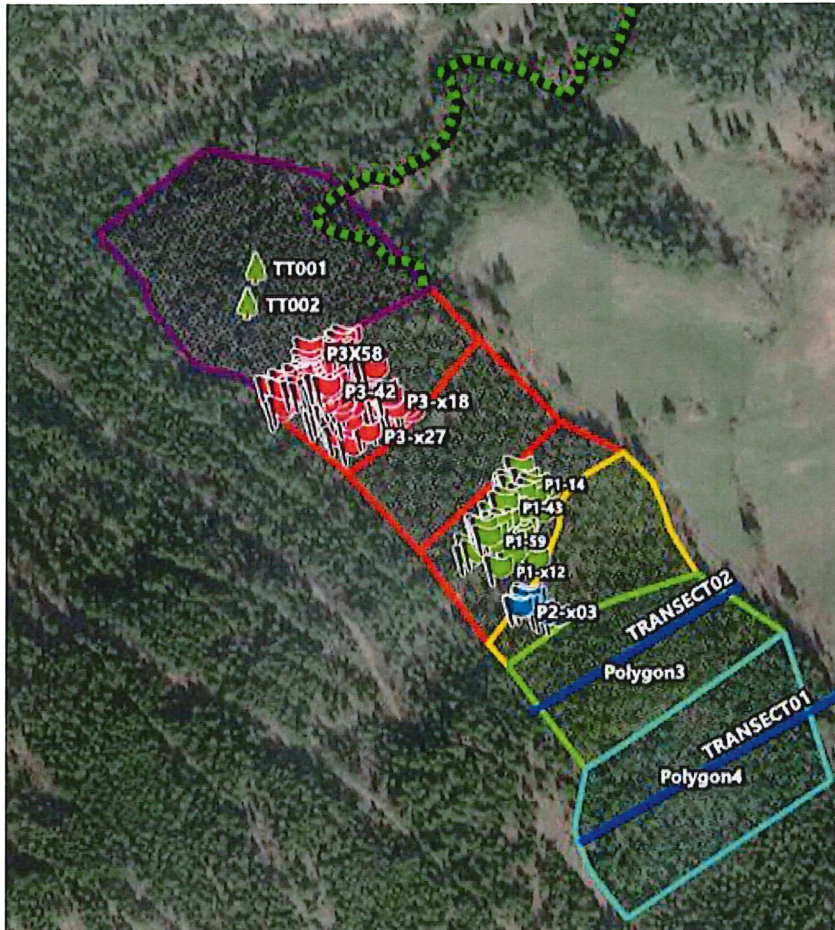


Figure 3: ChatGPT image of the Horseshoe Bend - Current and furtes



FIR BEETLE TREATMENT ON MOON CREEK

On March 9th a BC Wildfire crew of up to 10 people started to fall & burn the infected trees previously marked by the Lands departments survey crew.

Approximately 150 trees were felled, bucked & piled. Hoses and pumps were set up to mitigate any risk of fire escape. The crews have been falling the last few trees in the third week of March. Burning was completed in the last week of March.

In any areas with infected trees identified by the Lands survey team that could not be treated due to limited capacities, trap trees were established. These are

healthy Douglas-fir trees that are felled within an infested stand. When the beetles emerge from their host tree to find a new tree to lay their eggs, they are attracted to these freshly felled trees. In this way the spread of the infestation can be reduced. In fall our crews will return and burn the trap trees that by that time will host the new generation of beetles that would emerge in the following spring.

Along HWY 40 (Bridge River Road) 50 red tree locations were inspected. None of these locations harbored a current Douglas-fir beetle infestation. Nevertheless, due to the high visual impact on the community and the increased

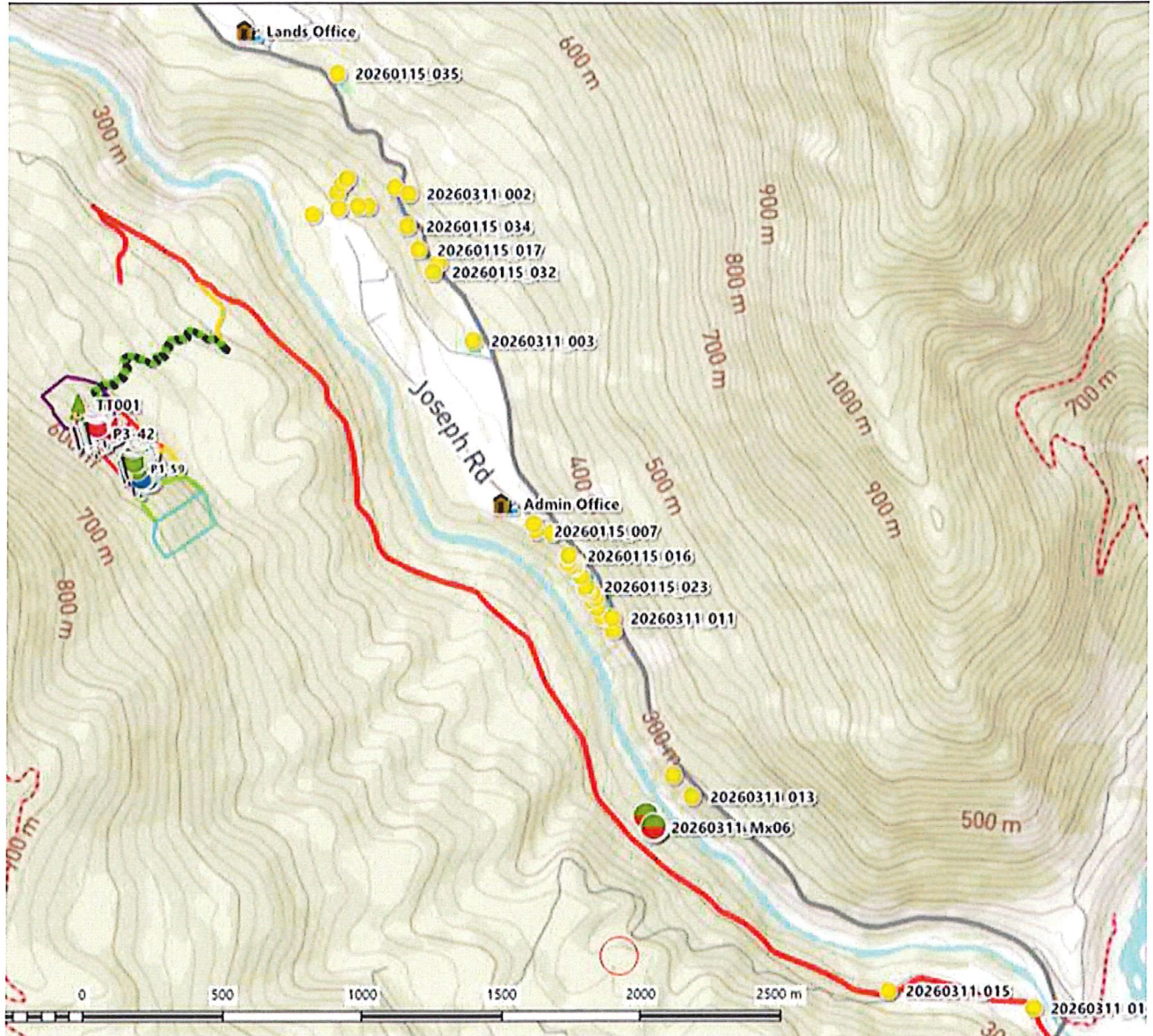
wildfire risk due to an accumulation of dead, standing trees, 3 locations - the new 4-ples below the Lands office, the horse orral next to the pit house site, and the dead Douglas-fir stand next to the band office - were felled & burned.

Additionally, a drone survey was conducted to estimate the remaining beetle infestation in the area to provide an informed knowledgebase for future efforts.

With this our attempts to fight the local Douglas-fir beetle outbreak are completed for this year. We are hoping to expand the project in the following years to ensure the health of Xwisten's forests.



Lands and resources



Career Exploration And Job Search Workshop



(New Date)

Tuesday May 6, 2026

10 - 2 am in MPR

Lunch Provided

Sign up with Krista Frank before April 30, 2026



BRIDGE RIVER INDIAN BAND

Xwisten's Food Systems

April 28th, 2026

Good day Xwisten!

The Farm, Ancestral, and Community Garden projects are gearing up for the 2026 growing season.

Farm

- Electricity is now connected to the Heritage building, greenhouse, and cold storage/processing C-Container. Thanks to Clifford from Maintenance and New Phase
- A 1-1/4 inch line is running from Apple Springs to the farm to fill the tank for the irrigation system. Thanks to IVL, Dugan and Basil along with Dugans team of Horses pulling the hose up the old flume
- We plan to relocate the tank to higher ground, which will eliminate the need for an electric pump.
- The team installed a drip irrigation system in the grow area.

2026 Growing Goals

- Double the grow area and increase vegetable production.
- Grow all the vegetables for the Community Distribution Day.
- Begin growing in support of the 2027 Statmic Gathering.

Ancestral Projects

- Andrew Michel is working on the Traditional Harvesting Calendar and is close to finishing.
- He is working with the Lands Department on traditional prescribed burns to rejuvenate traditional harvesting areas.
- The weather station is back at Camoo and collecting data.
- We are placing a large plant order from Split Rock for the restoration site at Camoo; some plants will also go to the Farm and the Community Garden.

Community Garden

- Water is turned on, the tank is full, and plots are ready to be planted.
- There are 7 plots (4 ft x 15 ft) available. If you're interested, please call Matthew or ask a team member to sign up.
- The team has started seeds for the Elders plot, and we will be planting for the Elders in their plot in May.
- Leanne and her Kiddos came and planted some seeds to bring home for their back yard garden!

Workshops

We hosted two workshops (Pemmican and Pruning).

Pemmican workshop was instructed by Bonnie Michel she gave a great lesson on history of pemmican and the amazing nutrient facts. Participates got make some for them selves and experimented with different ingredients, as well as we made some for emergences

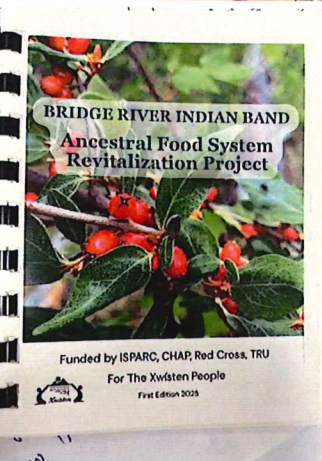
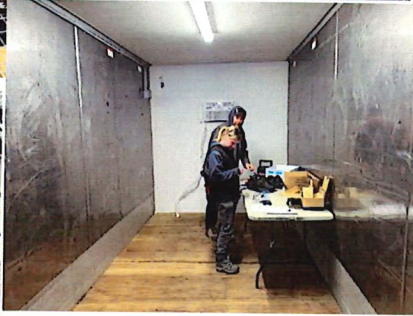
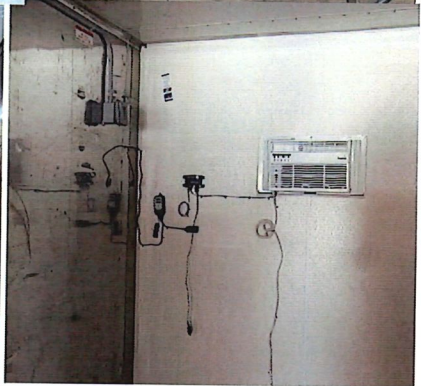
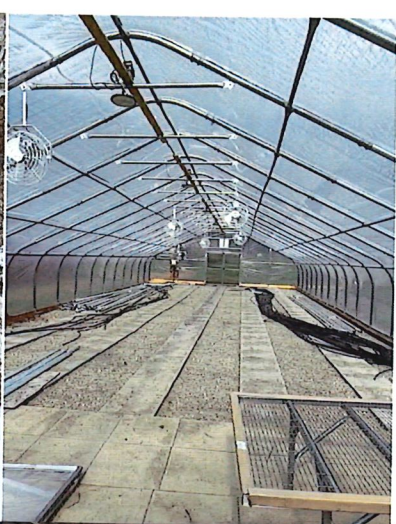
We had a Fruit pruning workshop That was instructed by Bonnie Michel, Darrell McDougall and Karen Terry. Special thanks to Sam Terry being the First Aid attended for the workshop. The workshop started in the community garden making use of our new space that was created for workshops and we pruned the community garden trees and we went to an elders house and pruned hers

The Team attended several workshops over zoom on Greenhouses, crop planning, irrigation methods and weed control

2026 Season crew hired and already started working hard : Andrew Michel, Kathleen Street, Sam Terry, Claude Terry and Cecilina Alec Will be the Food Systems Team this year.

Check out our job postings for the farm! Join the team and be apart of something special!







Unfortunately, one of the team Kathleen Street is off work for a few weeks on medical, but she still wants to contribute to the project! She will be interviewing Elders and community members on the history of food production, climate and traditional foods. If you would like to be interviewed let us know! Her first Interview will be with John Michel and Fay about the Michel Ranch history and seeds Fay use to hand out.

Matthew Davidson
Food Systems Coordinator
250 256 7423 ext. 874
Email: foodsystems.coord@xwisten.ca



Working together to bring Government services to **you.**



A Service Canada representative will be in your community to provide information and assistance on Service Canada programs and services;

- Get a Social Insurance Number (SIN)
- Receive a PAC access code to sign up for My Service Canada
- Canadian Dental Care Plan (CDCP)
- Canada Disability Benefit *New
- Employment Insurance (EI)
- Pension information for Canada Pension Plan (CPP) and Old Age Security (OAS)
- Passport Information
- *unable to accept forms, info only
- General Government of Canada information

Date: May 14th, 2026

Time: 1pm - 4pm

Location: Xwisten Band Office
12210 Joseph Rd
Lillooet

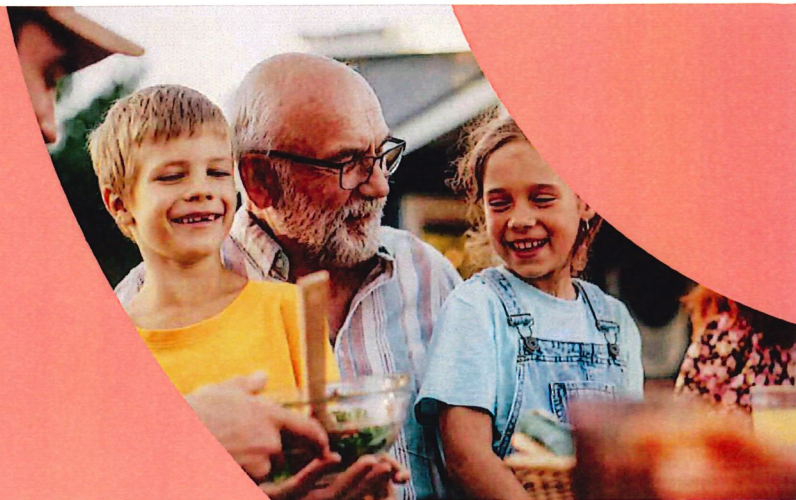
ID requirements are based on the service offering requested. Please bring a piece of Government issued photo ID.

If you need a SIN, please bring: your birth certificate, certificate of Indian Status and any other forms of federal or provincial identification you may have.

If you are unable to meet with us during this visit, you can request information and assistance through the Outreach Support Centre from 8:30-4:00, Mon-Fri: 1-877-631-2657

Presented by: Service Canada with the support and assistance of Xwisten Band

Renew your Canadian Dental Care Plan Coverage



Renew your Canadian Dental Care Plan (CDCP) coverage between **April 15 and June 1, 2026**

Who needs to renew

- All CDCP members, including those who recently applied for this benefit year, need to renew for the next benefit year to avoid a gap in their coverage.

How to renew

Before renewing, you and your spouse or common-law partner (if applicable) must have:

- filed your 2025 tax return
- received your 2025 Notice of Assessment

You can renew:

- Online: Canada.ca/MSCA (your My Service Canada account) or Canada.ca/dental
- By phone: 1-833-537-4342 or 1-833-677-6262 (teletypewriter)

You can renew for yourself and any dependents under 18 years old.

If you don't renew, your coverage will end on June 30, 2026

You will have to pay for the services you receive after your coverage ends. You will not be reimbursed for these services even if your coverage is renewed at a later date.

For more information, visit Canada.ca/dental



Pub.: 250499



Government
of Canada

Gouvernement
du Canada

Canada

Canadian Dental Care Plan

Accessible. Affordable. Essential.



Eligibility

To qualify, you must:

- ✓ not have access to dental insurance
- ✓ have an adjusted family net income of less than \$90,000
- ✓ be a Canadian resident for tax purposes
- ✓ have filed your tax return in the previous year

The Canadian Dental Care Plan (CDCP) will help make the cost of dental care more affordable for up to **9 million** eligible Canadian residents.

Oral health care is important to your overall health and well being. Regular visits reduce the risk of health problems.

In 2022, 1 in 4 Canadians reported avoiding visiting an oral health professional due to the cost. Every Canadian deserves accessible, affordable and essential dental care.



How to apply

Eligible Canadians of all ages can now apply for the CDCP.

You must meet all 4 eligibility requirements before applying.

Eligible Canadians can apply online at Canada.ca/dental, by calling 1-833-537-4342, or by visiting a Service Canada Centre.



For more details on the CDCP and eligibility criteria, visit Canada.ca/dental.





Apply online for the **Canadian Dental Care Plan**



Scan this QR code or visit Canada.ca/en/services/benefits/dental/dental-care-plan to apply online today.

Or call 1-833-537-4342



Apply online for the **Canadian Dental Care Plan**



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Or call 1-833-537-4342

Service Canada

Faites une demande en ligne pour le Régime canadien de soins dentaires



Balayez ce code QR ou visitez Canada.ca/fr/services/prestations/dentaire/regime-soins-dentaires pour faire une demande en ligne aujourd'hui.

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Social Development Workshops for Year 2026

Facilitated by:

Career Development Practitioner - Christina Ledoux

Tuesday March 10

@10 AM – 2PM in MPR

Communicating Effectively

Tuesday April 07

@10 AM – 2PM in MPR

Marketing Skills / Social Media

Tuesday May 05

@10 AM – 2PM in MPR

Career Exploration and Job Search

Tuesday June 09

@10 AM – 2PM in MPR

Interview Skills

Tuesday July 07

@10 AM – 2PM in MPR

Leadership

Tuesday August 04

@10 AM – 2PM in MPR

Personality Assessment

Tuesday September 08

@10 AM – 2PM in MPR

Resumes / Computer Basics

Tuesday October 06

@10 AM – 2PM in MPR

Cover Letters / Emailing

Tuesday November 10

@10 AM – 2PM in MPR

Job Readiness

Tuesday December 08

@10 AM – 2PM in MPR

Managing Work / Training and Life



Canned Mix Berries and Jam Making

I want to start canning for the St'at'mic Declaration Gathering 2027 Give Away hosted here at our Xwisten Band Office. Anyone interested in helping me prepare these Berries. If so, we can give each family one of each item we prepare for the Give Away In trade for helping me get these on the go.



- **May 4,2026 (Monday)**
Start time in the MPR 9am-3pm
- **May 11,2026 (Monday)**
Start time in the MPR 9am-3pm
- **May 17,2026 (Sunday)**
Start time in the MPR 9am-3pm

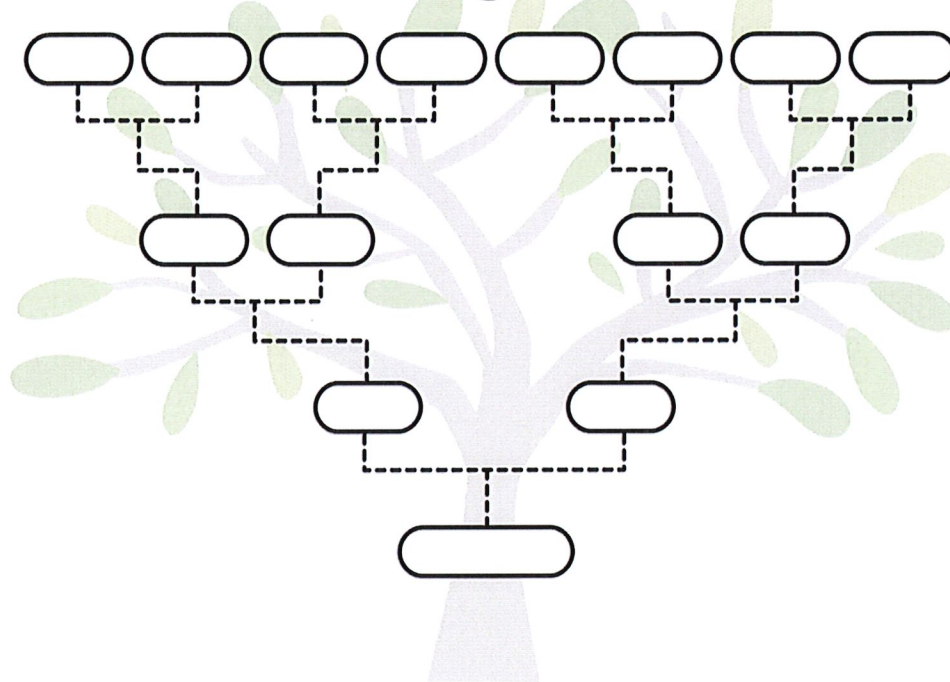
There Will be light snacks and water

Krista Frank

Interim Social Assistance Coordinator/ Culture Worker

250-256-7423 ext 846

Family Tree



WORKSHOP

Monday May 25thth

4:00_{PM}- 7:00_{PM}

Multipurpose Room

Meal provided

**Interested in starting your family tree?
Researching and identifying your family members**

Genealogical Search applications will be available, if applied for a genealogical search bring your paperwork that was sent back to you.

Contact Belinda Terry childandfamily@xwisten.ca 250-256-7423 ext.896

Xwisten Elders

Tea

DATE: MAY 13TH, 2026

TIME: 1PM

LOCATION: MPR

Join us for Tea, Coffee, Xúsum, Laughter and Máwam

Luncheon

DATE: MAY 20TH, 2026

TIME: 11AM

LOCATION: REYNOLDS RESTAURANT

Reserved for 20 People ☺

Jess Oleman – Xwisten Elders Coordinator
250-256-7423 ext 839
elders@xwisten.ca



CRAFTS MUSIC GAMES BAKING

Xwisten Elder & Youth Days

During the School Professional Development Days, there isn't too much to do, so we're starting "Elder & Youth Days" to take place during these times. We will have a variety of activities to do to give our Elders and Youth time to learn from each other and about each other.

Feb 13th, SD74 Pro
April 27th, D Days
May 15th

9:00 am –
3:00 pm

Bridge River
Band Office –
MPR
250-256-7423

Contact us for more information

Jess Oleman, Xwisten Elders Coordinator ext 839

Rubin Williams, Youth & Recreation Coordinator ext 844

XWISTEN ELDERS

BINGO

WHEN: MONDAY MAY 25TH 2026

Doors Open 5pm!!

WHERE: BRIDGE RIVER GYM

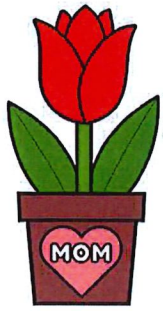
**Bingo Cards Will Only Be Sold
at Place and Time of Event**

Books - \$20.00 for 6up Book + \$1.00 for additional 3ups

Specials \$2 each

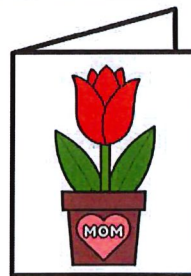
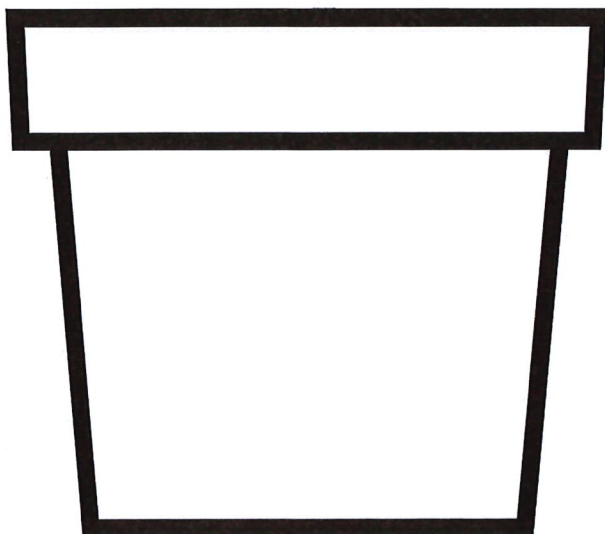
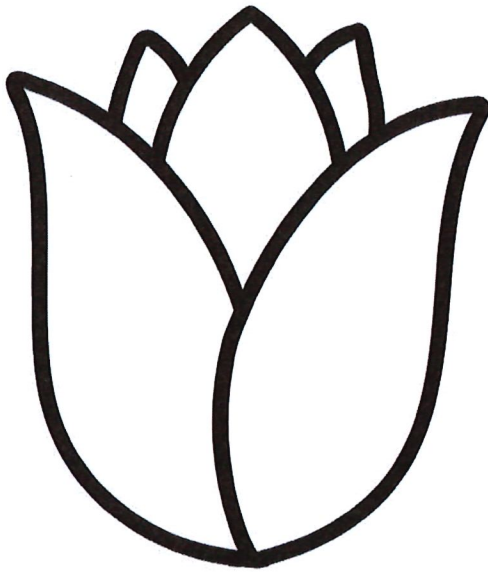
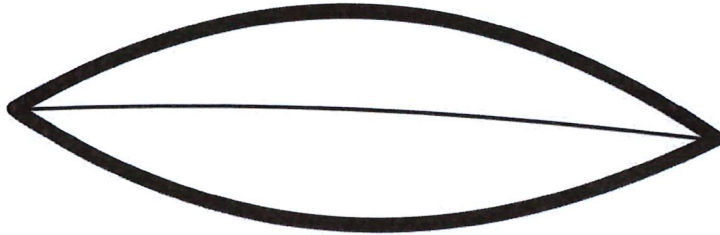
Concession Items & Hot Meal Will Be Available

**Thank You in Advance
to All Helpers!!**



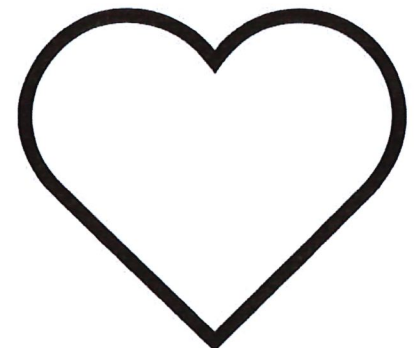
Mother's Day Flower Craft

Color, cut, and glue to make a rose in a flower pot for Mother's Day! Choose from 4 heart messages or write your own!



Gift Idea

Glue the finished craft to the front of a folded piece of paper to turn it into a special Mother's Day card.



2026 St'at'imc Canoe Journey

JUNE 19TH, 20TH AND 21ST

MORE INFORMATION AND REGISTRATION COMING

SOON

Contact Information:

Brittany McKay



250-256-4800

Education Manager



edumanager@xaxlip.ca

Deborah Peters



250-256-0535

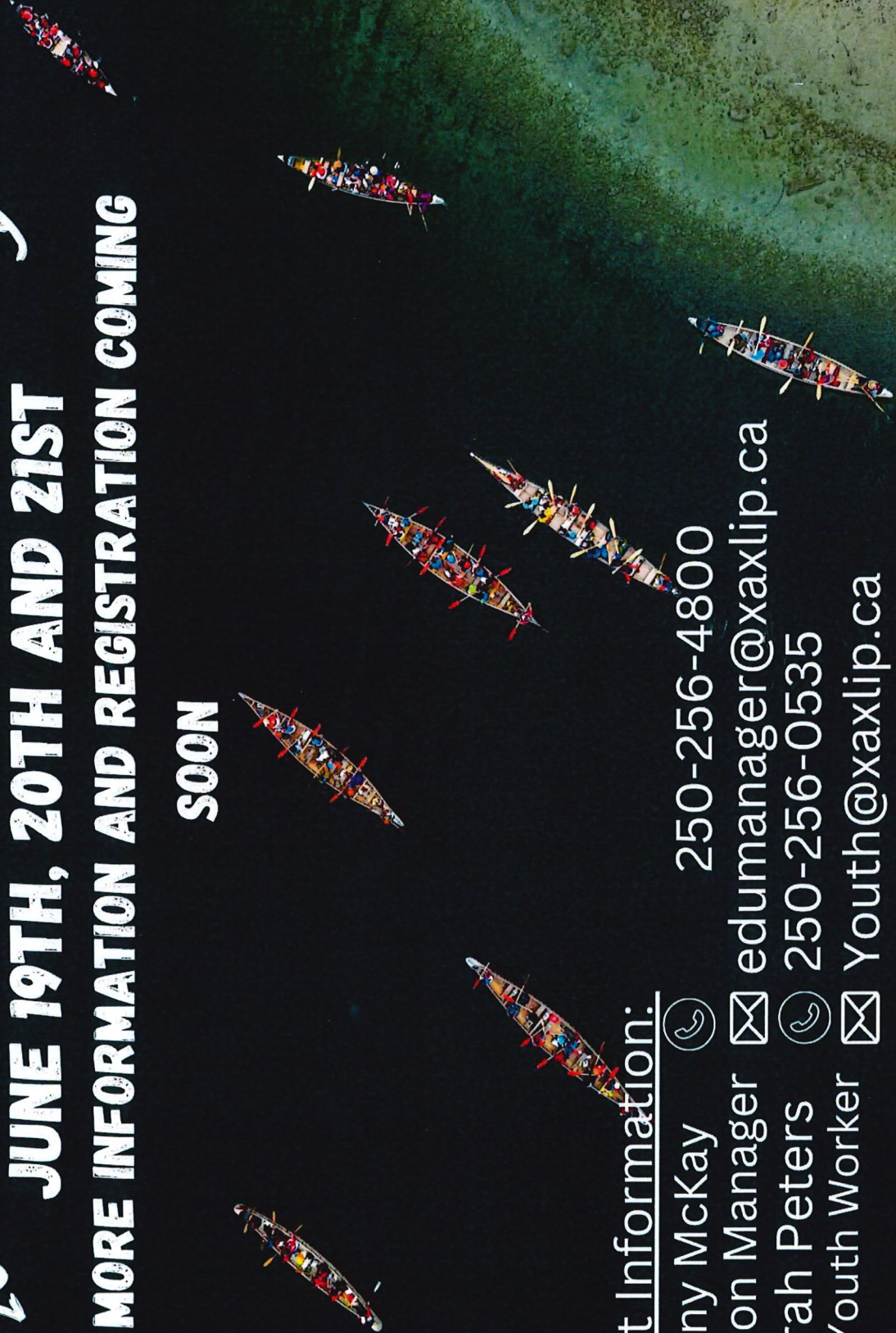
Child & Youth Worker



Youth@xaxlip.ca



[St'at'imc Canoe Journey Paddling as One](#)



MAY 2026

Youth and Recreation Events

MAY 2026

- Chair Exercises May 4, 7, 12, 14, 25, 28 MPR 10:30am—12:00 pm
- Sportsnights May 5, 12, 19, 26 Xwisten Gym 7:00 pm—9:00 pm
- Xwisten Youth Group May 6, 20 MPR 4:00 pm—6:00 pm
- Games day May 23 2026 1:00 am—5:00 pm MPR
- Sports youth and rec Bingo 5:00 pm—10:00 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 Chair Exercises	5 Sports night	6 Xwisten Youth Group	7 Chair Exercises	8	9
10	11	12 Chair Exercises Sports Night	13	14 Chair Exercises	15 Youth/Elders Craft Day	16
17	18	19 Chair Exercises/ Sportsnight	20 Youth/kids club	21 Chair Exercises	22 SportsandRec Bingo	23 Games Day
24	25 Chair Exercises	26 Sports Night	27	28 Chair Exercises	29	30
31						

BRIDGE RIVER INDIAN BAND

12210 Joseph Road

Phone: 2502567423 ext 844
Email: youthandrec@xwisten.ca





Xwisten Chair Exercises

Open to all

For balance, flexibility
and muscle tone

May 4 , 7 , 12 , 14 ,
25 , 28

Mondays and
Thursdays (Tues.
sometimes)

10:30 am—12:00
pm

In the MPR

*For more infor-
mation, contact:*



Xwisten Recreation

Youth and Recreation

Rubin Williams

youthandrec@xwisten.ca

2363120844

Or 2502567423 Ext 844





Xwisten Recreation



Xwisten

Sports

Night

May 5 ,

12 ,

19 , 26

Xwisten Gym

7:00 pm—9:00 pm

Please bring proper
footwear

For more information,

Contact:

Rubin Williams

Youth and Recreation

Coordinator

2363120844

Or 2502567423 ext 247

youthandrec@xwisten.ca





Xwisten Recreation



All youth

Xwisten **KIDS**

May 6

CLUB

20



MPR

4:30 pm—6:30 pm

May 15 9:00 am—3:00 pm

Contact Rubin Williams

XWISTEN YOUTH GROUP

Youth and recreation

coordinator

youthandrec@xwisten.ca

2502567423 ext 844



Xwisten youth and Recreation

Bingo Xwisten Gym

May 22 2026

Doors Open at 5:00 pm

Regular books: toonie pot

**\$22.00 for a 5 pg 6 up book +
\$1.00 additional 3ups**

Qílqel̓t Lhú7u7s progressive

And a toonie pot

**Proceeds go towards Youth and
Recreation Trips and Events**



**Specials sold
separately \$5 and \$2.00**

*For information about
card sales, please con-
tact:*

*Rubin Williams Youth and
Recreation Coordinator
2363120844 youthan-
drec@xwisten.ca*

*Bridge-River Recreation
on facebook*



n. St'at'imc Primary
Care Centre Calendar

May 2026

107-7th Avenue: Shannon McDonald Operations Director, Juanita Jacob Wellness Coordinator, Roxane Petel MOA, Roni Shintah Wellness Navigator

296 Main Street: Renee Angus MOA, Kate Aleck Mental Health Clinician, Micha Kingston Nurse Practitioner, Dr. Nancy Humber Medical Lead

Nurse Practitioner – Micha Kingston has her own calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Womens Group 5pm - 7pm	6 Pipe Ceremony Sekw'el'was arbour 12pm	7 Wellbriety Tsal'alh	8 MH Clinician Tsal'alh Sewing 1pm - 4pm	9
10	11 Footcare w/ Amy Bordas	12	13 MH Clinician Ts'kw'aylaxw	14 MH Clinician Sekw'el'was	15 Medicine Picking 8:30am - 12pm Sewing 1pm - 4pm	16
17	18 Office Closed	19 Womens Group 5pm - 7pm	20	21 Wellbriety Tsal'alh	22 MH Clinician Tsal'alh Sewing 1pm - 4pm	23 22 nd 4-8pm Rattle Making 23 rd 9-1pm
24 31	25	26	27 MH Clinician Ts'kw'aylaxw	28 MH Clinician Sekw'el'was	29 Sewing 1pm - 4pm	30

📍 107-7th Ave, Po Box 131
Lillooet, BC, V0K 1V0

☎ 236.417.3000

📠 236.417.3123

✉ n.statimc@fnha.ca



First Nations Health Authority
Health through wellness

MEET OUR TEAM

n. St'át'imc Primary Care Centre



Shannon McDonald - Operations Director

Shannon oversees the implementation and operations of the northern St'át'imc Primary Care Centre Service Plan, guided by Nation Representatives and recommendations from the northern St'át'imc Primary Care Technical Table.

Shannon brings a wealth of experience and a deep commitment to community healthcare.

"My úcwalmicw name is Ti7na Lósi. My úcwalmicw name comes from my two maternal grandmothers, Celestine Edwards and Rose McDonald. I am from Ts'kw'aylaxw within the St'át'imc territory and Simpcw within the Secwepemc Territory".



Kate Aleck- Mental Health Clinician

In this role, Kate will provide mental health services, including consultation, intake, assessment, collaborative care planning, education, navigation and connection to other resources. This will be done through a decolonizing lensed approach, being aware of clients' intersectionality and healing journey to design treatment that would be tailored to meet clients' specific needs.

Kate has been living in Nlaka'pamux / St'át'imc Territories for the past 30+ years with her husband, Riley Aleck, and near Lillooet most of this time.



Micha Kingston - Nurse Practitioner

Micha is a settler of Irish descent. She grew up in Lytton in Nlaka'pamux territory. She retains many close ties to the Nlaka'pamux nation to this day and fondly remembers going out as a child to harvest wild plants and medicines with various elders who were friends with her parents. Micha has a deep respect for Indigenous culture and spirituality and is excited to be working in Indigenous-focused primary care, as it aligns with both her personal and professional values and goals.

Micha practices with a trauma-informed lens and aims to incorporate respect of all cultures and diverse ways of being, into her work as a nurse practitioner. When she is not busy at work, Micha can be found spending time in nature with her 9 year old daughter and their dog Cedar.



Renee Angus - Medical Office Assistant



Renee is a proud member of Sq'ewqel (Seabird Island Band), where her father, Richard Louie, resides. Her mother, Margeret James, is from Xwisten. Renee was adopted at 3 months of age during the 60's Scoop and raised by Helen Angus (Hope) from (Seabird Island) and father, Ivan Angus, of Ruby Creek.

In her role as MOA, Renee dedicates herself to improving access to health services and supporting community wellness. Previously, Renee spent nine years with Interior Health, where she honed her skills and deepened her commitment to healthcare. Renee also completed two years of study at the University of the Fraser Valley, earning certifications as a Medical Office Assistant and a Nursing Unit Clerk.

Family is at the center of her life. She shares a home with common-law husband, Derek Bob, niece Emma Angus-Haslam, and beloved pets: Nala the cat and Sam the dog.

"My cultural heritage and personal journey have profoundly shaped my values, including compassion, resilience, and dedication to helping others. Outside of work, I enjoy participating in traditional ceremonies and sharing cultural teachings to honor and preserve my roots."

Juanita Jacob - Wellness Coordinator



Juanita brings with her a wealth of knowledge and a deep commitment to cultural and holistic wellness practices. In her role, she will be working to support and enhance traditional wellness initiatives for the community, fostering cultural connection and improving health outcomes.

She is the youngest daughter, of late Chief Ernest Jacob and Nancy Jacob. Born and raised in Xaxli'p.

Roxane Petel - Medical Office Assistant

Roxane is a proud Secwpmecúl'ecw from St'uxwtéws and Skeetchestn. She has called the northern St'át'imc Territory home for 20years – her partner David Adolph and daughter Dionne Adolph are Xaxli'pmec. Roxane was Admin support at the Lillooet Health Centre for almost 15years. In those 15 years Roxane has fostered and built trusting relationships with the nation communities and community members with supporting clients with challenges and barriers to accessing services. Roxane enjoys golfing, beading, kayaking and time with her family.

The Medical Office Assistant provides administrative support to the day-to-day operations of the Centre. The role functions as a member of a collaborative and comprehensive health care team ensuring the provision of safe, ethical and culturally appropriate care to clients and their families.



Roni Shintah - Wellness Navigator



Roni works with individuals and families including those living with chronic conditions, to help advance their health and wellness across the full spectrum of the health and social system through access to services, wellness planning and increasing health literacy. Her role also helps to facilitate a person-centered and holistic approach to health and wellness journeys, including health and social systems mapping. The role collaborates with the health partners, community service organizations, and Nations as part of a network that is supported by joint planning and regular meetings

Roni Shintah is daughter of Robert Chief Shintah and Debi Shintah. Her yuwipi ceremony name is “White Sage Woman,” and her Blackfoot ceremony name is “Thunder Rain Woman. She is St’át’imc/Secwepemc from the interior of BC. Roni has three beautiful Daughters, 5 handsome grandsons, 1 beautiful granddaughter. Roni and her long-time sweetheart Mike also have their fur baby Winston.

She has worked as an Indigenous Liaison, supporting Indigenous children in care, managing group homes, and most recently as a Circle Keeper (Cultural). *“My passion in life is to continue learning our traditions and culture. I am committed to passing on the importance of our traditions and sharing untold stories with the next generations.”*

Dr. Nancy Humber - Medical Lead

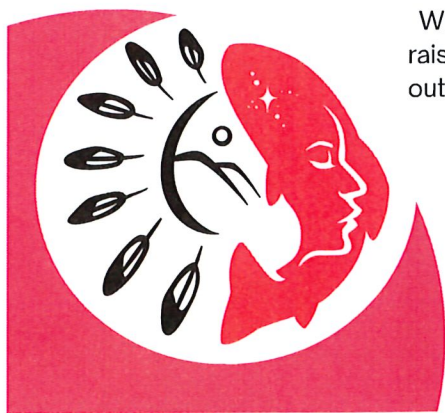


Nancy grew up in Newfoundland and has lived and raised her family in Lillooet for the past 30 years. She is grateful to live and work in the St’a’timc territory where she has enjoyed hiking, skiing, gardening, harvesting , fishing and food preserving.

Nancy continues to learn and improve ways to provide culturally safe health care and grow to be an ally with the indigenous people of the region. She has a deep connection to the land and people and is honoured to be mentored by the elders, leaders and indigenous St’at’imc people over her 3 decades of work.

As medical director of the St’at’imc primary care clinic, Nancy is responsible for improving access and attachment to high quality care at the St’at’imc primary care clinic. Additionally she supports the delivery of holistic and culturally safe care for all who seek care at the center. As a long time physician in the community, Nancy will continue to look for opportunities to integrate when necessary Lillooet Hospital, Lillooet Medical Clinic and St’at’imc primary care center and build on synergies of the systems to improve sustainability of all.

When not working, Nancy has 6 children and two sets of identical twins that she raises and spends time with, occasionally playing the piano and spending time outdoors.





INTERIOR REGION
First Nations Health Authority

24-HOUR WELLNESS SUPPORTS

The *FNHA Interior Region Mental Health and Wellness Team* would like to share this resource for keeping you and your loved ones healthy.



INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY

TOLL-FREE LINE
1-800-721-0066



TSOW TUN LE LUM SOCIETY

TOLL-FREE LINE
1-888-403-3123



YOUTH HELP LINE

TEXT **CONNECT**
TO **686868**



KUU-US CRISIS LINE SOCIETY

TOLL-FREE LINE
1-800-588-8717
YOUTH-SPECIFIC LINE
1-250-723-2040

INTERIOR REGION CRISIS LINE NETWORK

TOLL-FREE LINE
1-888-353-2273



Interior Health

INTERIOR HEALTH MENTAL HEALTH & SUBSTANCE USE SUPPORT

Call **#310-MHSU (6478)** to reach the nearest Interior Health Mental Health & Substance Use Centre.

Monday-Friday, 08:30-04:30pm



Women's Group

📅 Tuesdays May 5th & 19th , 2026

🕒 5pm - 7pm

📍 107-7th Ave

Door
Prizes

All Women Welcome

Dinner &
Refreshments
provided



Discussions involving:

- 🟠 Spirituality
- 🟡 Sweathouse
- 🟢 Beliefs
- 🟣 Culture
- 🟤 Traditions



For more information call
Juanita Jacob or Roni Shintah
236-417-3000

WOMEN'S WELLBRIETY CIRCLE

Thursday Night
May 7th and 21st

7:00 to 8:30

Rose Casper Healing
Center

Light Meal Provided

For Info Contact:
Kate Aleck @ 250-256-9336
or Reception @RCHC









Friday Sewing at n.SPCC




Drum bag making with
Susan Napoleon


Please be sure to bring your
drum for measurements




May 8, 15, 22, 29, 2026



107-7th Ave, Lillooet, BC.



1:00pm - 4:00pm



236-417-3000

Refreshments provided



n.St'at'imc
Primary Care Centre



First Nations Health Authority
Health through wellness

Foot Care clinic w/ Amy Bordas @ n.SPCC

FREE!

The goal of Lillooet Foot Care Nursing is to provide safe and competent nursing foot care services to all people in need of the service, but especially to those affected by or at risk of diabetes and its complications. Clients will receive professional assessments and treatments, education, self-care resources, and referrals when needed. Many people in and around Lillooet don't have the means to access this needed health care service and my goal is to reduce this barrier by providing mobile services.

 **MAY 11, 2026**

- Registered Nurse since 2010
- Advanced Nursing Foot Care Training PEDEd
- Member of CAFCN (Canadian Association of Foot Care Nurses)
- Ongoing Cultural Competency Training
- Compliance with sterilization/hygiene standards set out by IPAC Canada

By Appointment only

 236-417-3000

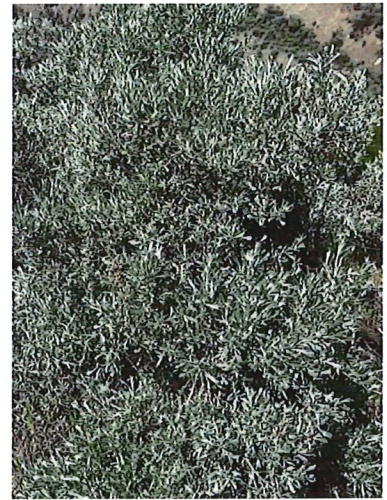
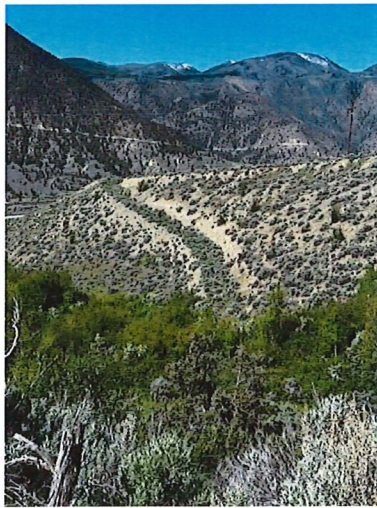
 107-7th Ave, Lillooet, BC



Everyone Welcome

On the land harvesting Traditional Medicine.

Join the Wellness Coordinator Juanita Jacob and the n.SPCC Team in harvesting and discussing the important cultural significance of sage. Discussions around proper St'át'imc protocols for harvesting, ensuring we respect the plants and maintain their ongoing health and vitality. This will be a morning of gathering and being on the land.




 Friday May 15, 2026

 8:30am - 12:00pm

 Meet at 107-7th Ave, Lillooet

Bagged lunch & water will be provided

Requesting sign-up for bagged lunch purpose **236-417-3000**



RATTLE MAKING

2 DAY WORKSHOP

With Ted Napoleon



MAY 22ND

4:00 PM – 8:00 PM

MAY 23RD

9:00 AM – 1:00 PM

107-7th Ave, Lillooet

236-417-3000

Limited seats available - please call to
sign yourself up

May

2025

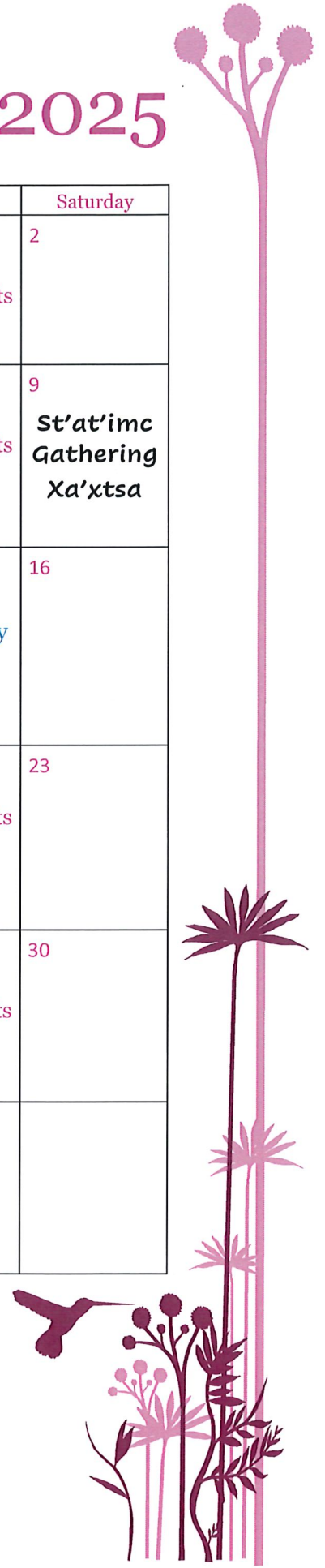
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Home / Phone Visits	2
3 BR Elders Rolling Jackpot Bingo 5pm Gym	4 Home / Phone Visits	5 Home / Phone Visits	6 Home / Phone Visits	7 Drumming in the Park 10am – 12pm	8 Home / Phone Visits	9 St'at'imc Gathering Xa'xtsa
10 Happy Mother's Day	11 Home / Phone Visits	12 Home / Phone Visits	13 Elders Tea MPR 1:00pm	14 Drumming in the Park 10am – 12pm	15 Elder & Youth Day 9-4pm MPR	16
17	18 Office Closed	19 Home / Phone Visits	20 Elders Lunch Reynolds Restaurant 11:00am	21 Drumming in the Park 10am – 12pm	22 Home / Phone Visits	23
24	25 Xwisten Elders Bingo 5pm Gym	26 Home / Phone Visits	27 Home / Phone Visits	28 Drumming in the Park 10am – 12pm	29 Home / Phone Visits	30
31	<p>Jess Oleman Xwisten Elders Coordinator 250-256-7423 ext 839 elders@xwisten.ca</p>					

Notes:

Happy Mother's Day to all Moms!! I hope each of you have a day that's filled with everything that makes you smile!!

This month my goal is to get outside more!! Community walks, a stroll or two through town, let's check out our community garden and see what the work crew has been doing!!

And as always S7at'sxstsúwi – take care or yourselves 😊



May 2026



Elizabeth (Ann) Leech
CHR
Community Health
Representative
250-256-7423 ext 838
health@xwisten

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
		Paraffin Wax Therapy 10-2pm		Dr. Humber 9-12pm Amy-Footcare 8-4:20pm	Dr. Ejaz 9-1pm	
10	11	12	13	14	15	16
		Paraffin Wax Therapy 10-2pm	Travelling Hygienist 12-6pm	Diabetes Workshop Increasing Fiber 1-2pm NP Micha 1-3pm		
17	18	19	20	21	22	23
	STAT HOLIDAY 	Paraffin Wax Therapy 10-2pm		Prenatal Walk in		
24	25	26	27	28	29	30
		Paraffin Wax Therapy 10-2pm		Magda RD 9:30-2pm		
31						

Paraffin Wax Therapy Tuesdays and Prenatal visits Thursdays are Walk-In

For Dr. Humber, Dr. Ejaz, Amy Foot Care, NP Micha please call 250-256-7423 ext 838 and book an appointment with Ann Leech CHR

BRIB HEALTH APPOINTMENTS MAY

Paraffin Wax Therapy Drop-ins Every Tuesday 10-2pm

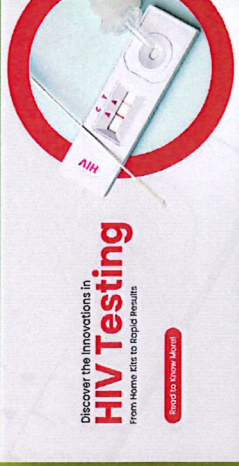
Pre & Post Natal Drop-ins Every Thursday 9-12 with CHN Brandi

Thursday May 7 th 9-12pm	Dr. Humber Please book appointment with Ann
Thursday May 7 th 8-4:20pm	Amy Foot Care Please book appointment with Ann
Friday May 8 th 9-1pm	Dr. Ejaz Please book appointment with Ann
Wednesday May 13 th 1-6pm	Travelling Hygienist Please book appointment see poster for details
Thursday May 14 th 1-2pm	Diabetes Workshop with CHN Brandi Walk-ins Welcome Snacks Provided
Thursday May 14 th 1-3pm	NP Micha Please book appointment with Ann
Thursday May 28 th 9:30-2pm	RD Magda Please book appointment see poster for details

Please call Ann Leech CHR 250-256-7423 ext 838 or email health@xwisten.ca to be put on Dr. Humber, Dr. Ejaz, NP Micha and Amy Foot Care's appointment lists

May

YOU CAN!
Save A Life
 Prevent Overdose
 Carry Naloxone



Garry Dunn 250-256-7423 ext 870

Community Wellness Coordinator

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 One to one counselling & Treatment referrals 8:00 4:00	2
3	4 One to one counselling & Treatment referrals 8:00 4:00	5 One to one counselling & Treatment referrals 8:00 4:00	6 One to one counselling & Treatment referrals 8:00 4:00	7 One to one counselling & Treatment referrals 8:00 4:00	8 One to one counselling & Treatment referrals 8:00 4:00	9
10	11 One to one counselling & Treatment referrals 8:00 4:00	12 One to one counselling & Treatment referrals 8:00 4:00	13 One to one counselling & Treatment referrals 8:00 4:00	14 One to one counselling & Treatment referrals 8:00 4:00	15 One to one counselling & Treatment referrals 8:00 4:00	16
17	18 One to one counselling & Treatment referrals 8:00 4:00	19 One to one counselling & Treatment referrals 8:00 4:00	20 One to one counselling & Treatment referrals 8:00 4:00	21 One to one counselling & Treatment referrals 8:00 4:00	22 One to one counselling & Treatment referrals 8:00 4:00	23
24	25 One to one counselling & Treatment referrals 8:00 4:00	26 One to one counselling & Treatment referrals 8:00 4:00	27 One to one counselling & Treatment referrals 8:00 4:00	28 One to one counselling & Treatment referrals 8:00 4:00	29 One to one counselling & Treatment referrals 8:00 4:00	30
31						



First Nations Health Authority
Health through wellness

May 2026

Lillooet & Lytton HC & Community Health Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Leaves: Crystal- May 14th, 15th, 21st, 26th Larissa- May 1st, May 7th Telleighla- May 28th</p>				1 Lillooet HC- Crystal
<p>Tsal'alh- Christina LFN- Jane Skuppah - Crystal Lillooet NIC- Telleighla LFN- Larissa Boston Bar - Ashley</p>	<p>Tsal'alh- Ashley LFN- Jane Boothroyd- Larissa LFN NIC- Telleighla Lillooet HC - Crystal Ts'kw'aylaxw - Christina</p>	<p>Skeesht- Larissa Sekw'el'was- Christina Ashcroft- Telleighla T'it'q'et- Brandi Lillooet HC- Crystal LFN- Jane</p>	<p>7 Kanaka - Crystal St'uxw'tews- Telleighla Xwisten- Brandi OAT Lillooet HC- Christina</p>	<p>8 Lillooet HC- Crystal LFN- Larissa Lillooet HC- Brandi</p>
<p>11 Tsal'alh- Christina LFN- Jane Skuppah - Crystal Lillooet NIC- Telleighla Lillooet HC - Crystal LFN- Larissa Boston Bar - Ashley</p>	<p>12 Tsal'alh- Ashley LFN- Jane Boothroyd- Larissa LFN NIC- Telleighla Lillooet HC - Crystal Ts'kw'aylaxw - Christina</p>	<p>13 Skeesht- Larissa Sekw'el'was- Christina Ashcroft- Telleighla T'it'q'et- Brandi Lillooet HC- Crystal</p>	<p>14 St'uxw'tews- Telleighla LFN- Larissa Xwisten- Brandi OAT Lillooet HC- Christina</p>	<p>15 LFN- Larissa OAT Lillooet HC- Christina</p>
<p>18 STAT</p>	<p>19 Tsal'alh- Ashley LFN- Jane Boothroyd- Larissa LFN NIC- Telleighla Lillooet HC - Crystal Ts'kw'aylaxw - Christina</p>	<p>20 Skeesht- Larissa Sekw'el'was- Christina Ashcroft- Telleighla T'it'q'et- Brandi LFN- Jane Spuzzum- Crystal</p>	<p>21 TEAM MEETING</p>	<p>22 Lillooet HC- Crystal LFN- Larissa Lillooet HC- Brandi OAT Lillooet HC- Christina</p>
<p>25 Tsal'alh- Christina LFN- Jane Skuppah - Crystal Lillooet NIC- Telleighla LFN- Larissa Boston Bar - Ashley</p>	<p>26 Lillooet HC- Ashley LFN- Jane Boothroyd- Larissa Lillooet HC- Telleighla Ts'kw'aylaxw - Christina</p>	<p>27 Lillooet Kindy Health Fair</p>	<p>28 Kanaka - Crystal St'uxw'tews- Telleighla LFN- Larissa Xwisten- Brandi OAT Lillooet HC- Christina</p>	<p>29 Lillooet HC- Crystal LFN- Larissa OAT Lillooet HC- Christina</p>

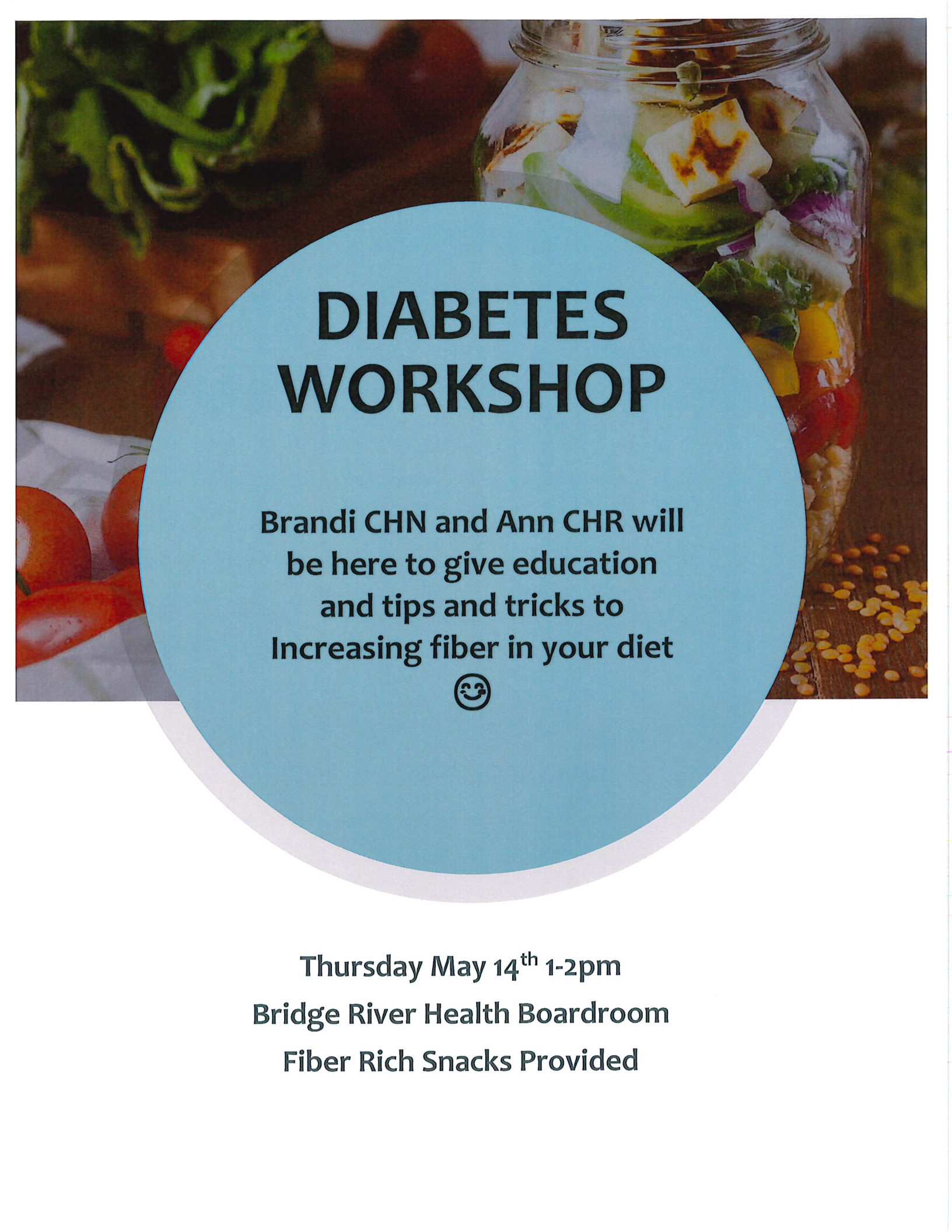
May

Xwisten Headstart Daycare
 Monday to Friday 8am. To 4pm.
 250-256-1567

2026

Willa Peters Early Childhood Educator
 Josphine Froste intern Manager

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Obstacle Course	1
3	4 Shaving Cream Play	5 Try a New Yard Game	6 Paper Plate Rainbow	7 Learn a Song	8 Mother's Day Craft	9
10	11 Make Your Own Binoculars	12 Jello Play Dough	13 Finger/Hand Painting	14 Seed Activities	15 Outdoor Water Games	16
17	18 Closed Victoria Day	19 Lunch Picnic Outside	20 Trace A Child	21 Worm Activities	22 Toy Carwash	23
24	25 Book Picnic	26 Paper Plate Flowers	27 Paper Towel Magic	28 Collect and Paint Rocks	29 Make a Fort	30
31						



DIABETES WORKSHOP

**Brandi CHN and Ann CHR will
be here to give education
and tips and tricks to
Increasing fiber in your diet**



**Thursday May 14th 1-2pm
Bridge River Health Boardroom
Fiber Rich Snacks Provided**

Mammograms Save Lives

Digital Mobile Mammography Coming to Your Community



BC Cancer Breast Screening's digital mobile mammography service will be visiting:

Lillooet Hospital & Health Centre
951 Murray Street, Lillooet, BC V0K 1V0

From July 21 to 25, 2026

To book your appointment call 1-800-663-9203

Mammograms are available for women ages 40 and over. Make an informed decision to screen for breast cancer. Visit www.screeningbc.ca to learn more.

On Reserve Medical Travel

FNHA Medical patient travel for status People who live on Xwisten Reserve

All medical appointment documentation must be handed in by Wednesday of each week for a medical travel cheque to be issued by Friday @3:30.

- 1) All medical appointment documents handed in ***AFTER*** Wednesday of each week will have to be a reimbursement the following week. RE: Cheques can NOT be issued on short notice.
- 2) Please keep copies of your attendance forms as they will need to be handed in for reimbursement purposes. If you do not hand in your Attendance form in FNHA will not help you on your next medical travel.
- 3) Clients that do NOT attend their appointments will be required to pay back benefits they receive/ or pay for their own travel costs on subsequent medical travel appointments.
- 4) All on reserve medical travel cheques can be picked up from CHR in health dept.

PH: 250-256-7423 EXT: 838 Email medicaltravel@xwisten.ca

RD Magda



Hi my name is Magda Nodzykowska I'm a fully licensed Denturist for 15 years, so I do everything denture related;

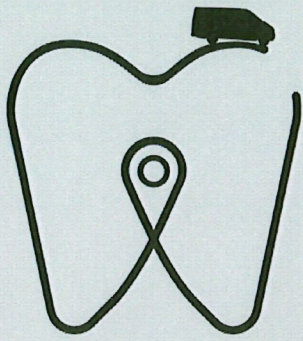
- Relines
- Repairs
- Complete dentures
- Partial dentures
- Adjustments
- Temporary liners.

I grew up in Lillooet and have been back for over 5 years, practicing at Lillooet dental since 2021.

Lillooet Dental is my home base and I'm really looking forward to doing some outreach in the Xwisten community!

To book an appointment please call Lillooet Dental Clinic 250-256-4616 and ask to be put on the Bridge River Outreach List. You will need to provide:

- Full name
- Birth date
- Address
- Status number for insurance



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Introducing our state-of-the-art mobile dental van, providing comprehensive dental services directly to you.


Explore Your Options


Not sure if our services are right for you? Let's chat! Schedule an online video call or phone call.


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CONTACT US

 778-231-0475

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 [@thetravellinghygienist](https://www.instagram.com/thetravellinghygienist)



OPIOID DRUG EDUCATION AND NALOXONE TRAINING



Brandi DeKolver

FNHA Community Health Nurse, RNC

Garry Dunn

Community Wellness Coordinator

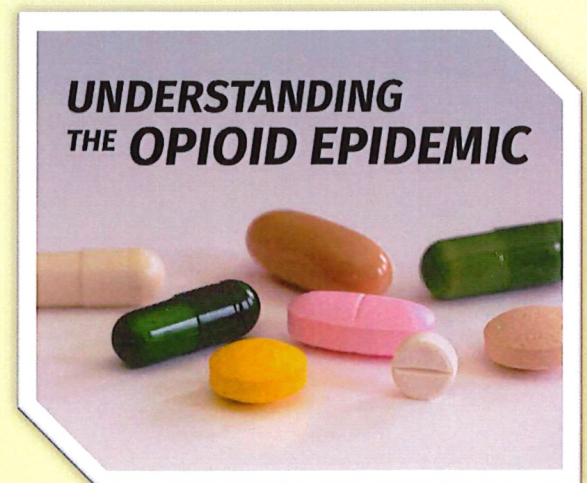
1:00 to 3:00 – Multi Purpose Room



Thursday April 30th we would like to invite the community to Bridge River's Multi-Purpose Room so we can present to you information on Opioids and the epidemic. We will discuss the various types of Opioids along with their medical uses and street drug connection. We will also deliver instructions for naloxone training as an update and refresher for those who have already been trained but for those interested in first time learning.

We can all show our support by learning what to do when witnessing an overdose and learning about the various types of drugs that cause it.

For more information you can call:
250-256-7423 ext.870





Mental Health & Substance Use Fact Sheet

MOBILE APPS / VIRTUAL TREATMENT

This Fact Sheet is a compilation of Mobile Apps and Virtual Treatment Options.



MOBILE APPS / VIRTUAL TREATMENT

Mental Health and Substance Use support can come in many forms. This fact sheet provides a list of virtual supports that can be accessed through an internet connected device so information and wellness ideas can be accessed whenever and wherever they are needed.

The following guides may help you decide the **best app for you**:

- ◆ [Digital Mental Health Tools](#) (CAMH) to support clinical practice
- ◆ [Mental Health Apps: How to Make an Informed Choice](#) (Mental Health Commission of Canada)

If you are in crisis, and not able to visit or get in touch with your [local MHSU Centre](#), please contact the [Interior Crisis Line Network](#) (24 hours) at **1-888-353-2273** for immediate assistance.

Click on the links below to review Mobile Apps, App Directories and Virtual Treatment options.

Overdose Prevention	App Directories
<p>Lifeguard Digital Health Harm Reduction App</p> <p>National Overdose Response Service Overdose Prevention Hotline</p>	<p>Digital COVID-19 and Mental Health Resource List Centre for Addiction and Mental Health (CAMH)</p> <p>Best Apps to Stop Drinking Alcohol Medicine News Today</p> <p>Addiction and Mental Health Mobile App Directory (2022) Alberta Health Services</p> <p>Mobile Tools to Promote Mental Wellness Alberta Health Services</p> <p>Healthy Living Apps & Tools (Foundry) Active Living Healthy Eating Mindfulness Sleep Relationships Sexual Wellness Technology & You</p> <p>Substance Use Apps & Tools (Foundry) Alcohol Cannabis Opioids Vaping & Tobacco</p> <p>Mental Health Apps & Tools (Foundry) Anxiety Stress Psychosis Depression Body Image & Eating</p> <p>Tough Topics (Foundry) Bullying Loss & Grief Violence & Abuse Self-Injury</p> <p>Help Lines Fact Sheet Directory of Provincial Help Lines</p>
Virtual Treatment	
<p>Wellness Together Canada Government of Canada/Kids Help Phone</p> <p>eHealth & Virtual Health First Nations Health Authority</p> <p>Kelty's Key Free Self Help Courses Vancouver Coastal Health</p> <p>Bounce Back Canadian Mental Health Association (CMHA)</p> <p>Foundry Virtual Health Virtual Drop-in sessions for ages 12-24</p>	

Please note that these links are being provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by Interior Health, of any of the products, services or opinions of the corporation or organization or individual. Interior Health bears no responsibility for the accuracy, legality or content of the external site or for that of subsequent links. Contact the external site for answers to questions regarding its content.



Happiest 8th Birthday to my Echo Smith

I love you to the moon and back and infinity and beyond!!

Love Mommy

Happy Mother's Day to all Mothers!

From Lena and Eugene

May 2026 Birthdays

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1  Brianna Priester Elizabeth Tom Michelle Tom	2 Bronson Williams
3 Jeremy Thomas Melissa Thomas Sammi Joe-Wells	4  Ina Williams	5	6  Madiyn Adolph David Thomas	7	8  Della Aleck	9 Daniel Coward Skweltapis Ned Roberta Pelegrin Tiffany Pelegrin
10 Susan James	11 <u>Office Closed</u> Cory Laroche Keenan Michell-Peters Maxx Michell-Peters	12  Leighton Allen Gloria Gilbert	13  Joshua Jack Surenity James-Billy	14 Gerald Dick Suilitus Ledoux Crystal Napoleon	15 	16
17 Justin Jacob Tucker Ledoux Colleen Terry	18 <u>Office Closed</u> Effy James James Joseph Jonathan Williams	19  Anthony James Denesha James	20  Diona Bob Aurora Michel Patricia Tom	21 Aubree Ward	22  Elliot Biccum Ava Michel Joseph Wilson	23 Kaiden James
24 Echo Smith	25 	26	27  Freda Terry	28	29 	30 Chester Fenton Kiley Terry-Link
31						