

Xwisten Newsletter

June 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

Elder's Tea: June 3 (1pm)
[MPR]

Elder's Lunch: June 10 (12pm)
[Totem]

Bingos:

St'at'imc Grad—June 5, June 6
(5-10pm) [Gym]

St'at'imc Gathering—June 11,
June 25 (5-10pm) [Gym]

Youth— June 10, June 24 (5-
10pm) [Gym]

Elders— June 7, June 29 (5-
10pm) [Gym]



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

June 1, 2026

To Xwisten Members,

Re: Xwisten June Newsletter Update

The following are updates for this month:

- Fire Ban in place
- Water restrictions – lifted. Please refrain from over using water as our water wells are low – water table is down
- Car removal to start May 15 - \$100.00 a vehicle incentive
- Dust control to start soon
- Bridge River signage installation. Stop signs, no camping, no fishing
- Weed whacking in community is on-going. Please help out
- **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, Climate Intern, Agricultural Farm, Elder's Coordinator, Land Stewardship Tech, Land Stewardship Crew, Headstart Daycare Manager, Lands Front Desk Assistant, Fish Techs, Xwisten Tours Supervisor, Xwisten Tour Guides. **Summer Student Positions:** Children's Program Leader, Children's Program Workers, Xwisten's Food Systems Program, and check our website and Facebook for more information
- FireSmart your home and yard encouraged, call to arrange for garbage trailer
- 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
- Weed whacking in the community is beginning. Please help out

Gary Forsyth
Administrator





BRIDGE RIVER INDIAN BAND (Xwisten)

P.O. BOX 190, LILLOOET, BC V0K 1V0 • PH: (250) 256-7423

ADMIN FAX: (250) 256-7999 • HEALTH FAX: (250) 256-2443

June 1, 2025

To Xwisten Members,



Re: **Xwisten June 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
- 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.
- When heat pumps on; leave windows closed to be more efficient (when using cooling)

Blaine Kane

Operations & Maintenance,
Infrastructure & Housing Manager



BRIDGE RIVER INDIAN BAND

Xwisten's Food Systems

May 28th, 2026

Good day Xwisten!

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

Farm

- We successful prepped the area and relocated the irrigation tank, (thanks to Road Runner) and we started to run the irrigation lines to the grow area



- We plan to relocate the tank to higher ground, which will eliminate the need for an electric pump.
- The team installed irrigation line from the tank to the grow area.

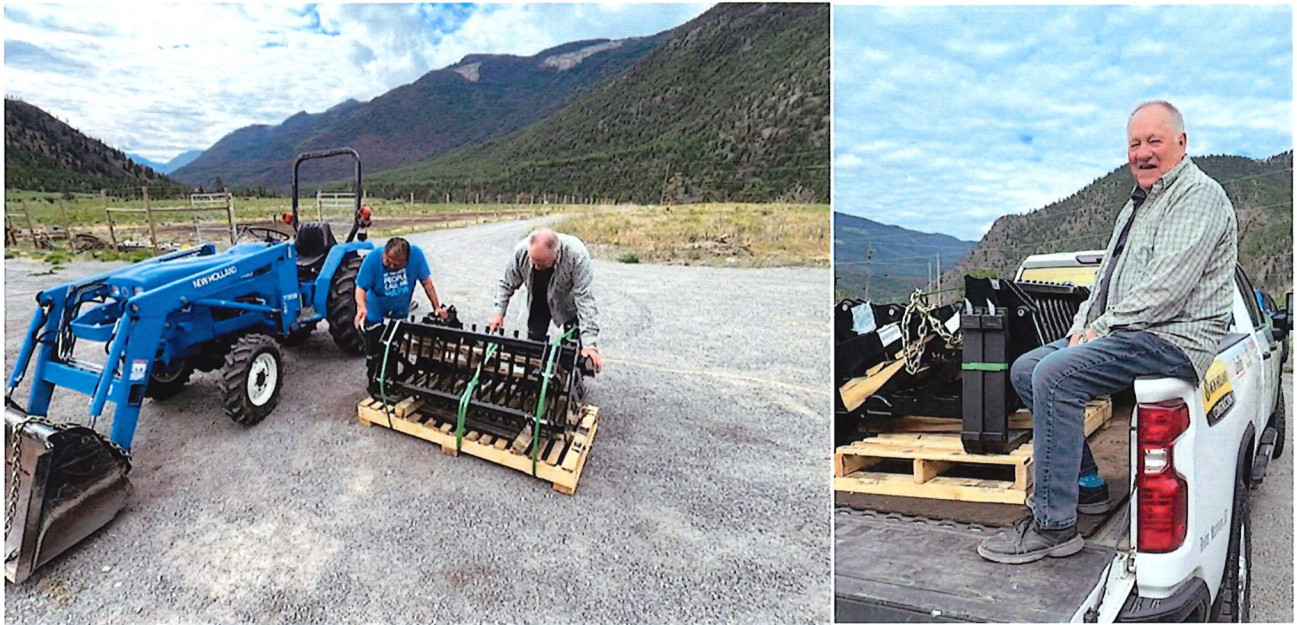
- Planting! The Team has started planting some potatoes, sweet corn, tomatoes, onions so far



- Sam Terry is teaching Raphael Michel drip line installation; they are irrigating the Yukon Chief sweet Corn patch.
- The Team Andrew, Sam, Claude, Cecilina and Rapheal working hard planting !



The Farm got some new equipment for the tractor, thanks to Al from Rollins machinery for delivering them and giving Claude a quick lesson on the Stone fork and forklift attachments



Thanks to IVL for connecting the waterline to the tank! Thanks to Jeff and Amy



Ancestral Project

- Andrew Michel Finished the Traditional Harvesting Calendar guide and we will be distributing them soon!.
- The weather station is back at Camoo and collecting data.
- We picked up the large order of traditional trees, shrubs and plants from Splitrock and started planting them at Camoo, community Garden and at the Farm!
- We Ordered two more weather stations and they will arrive soon!

Community Garden

- The Team helped the Day Care by digging out a couple of their grow boxes and filled them up with new soil and Cecilina planted their plants!



- 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 planted them in the Elders plot .

Check out our job posting, we are still looking for an office clerk/ climate monitor! Come join the team!

And keep your eye out for the summer student job posting, Join the team and be apart of something special!

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

DATE: June 9th & 16th TIME: 3:00pm-7:00pm WHERE: Multipurpose room



OR



Beading kits & Ribbon skirt kits available

Supplies provided

If you have your own material or supplies, you are welcome to come and hang out.

If did not finish ribbon skirt from previous classes, you can come and finish.

45TH ANNUAL 

Kamloopa Pow Wow

JUNE 26, 27, 28, 2026

Social Development Will be Funding for this Event

**PLEASE HAVE YOUR REQUEST FOR ASSISTANCE
FORM IN BY JUNE 18,2026 Before Closing Time**

(Gasoline, Food and Bracelet)

Please note that you must have turned in your bracelet or sent pictures with date and time stamp from the Kamloopa Pow-Wow 2025 to receive funding.



THIS IS FOR ALL BAND MEMBERS ON AND OFF RESERVE

Kamloopa Pow-Wow 2026

Travel Expense Form

June 26,27 & 28th 2026

NAME:	AGE:

Admission: Day Pass: _____ X \$15.00= _____

Weekend Pass: _____ X \$40.00= _____

6 and under & 60 and Over: Free Enter

Meals: Day Pass (12 and under) Child _____ X \$48.00= _____

One day Adult _____ X \$55.00= _____

Weekend (Sat-Sun)(12 and under) Child _____ X \$96.00= _____

Adult _____ X \$110.00= _____

Travel: Lillooet-Kamloops (Own Vehicle) YES OR NO = __\$120.00_ (Set Rate)

TOTAL: \$ _____

ADMISSION WRISTBAND; please submit to Social Development Manager AFTER the Event to secure next years funding.

Signature

Social Development Manager

Check payable to: _____

All Submissions DUE by JUNE 18, 2026- End of Day

Northern St'at'imcets/ First Voices

Good day everyone. I'd like to start Numbers in our language. I have found all these words on the computer browser under First Voices / Northern St'at'imc. I'd like everyone else to try and look these up if you have access to the internet. This site will also provide pronunciation and spelling.

One	pála7
Two	án'was
Three	kalhás
Four	xw7útsin
Five	tsilkst
Six	t'át'q'em'kst
Seven	tsúlhaka7
Eight	pel7ú7pst
Nine	q'em'pálmen
Ten	q'em'p

Krista Frank

Cultural Worker

INTERVIEW SKILLS WORKSHOP



Date: Wednesday June 10, 2026



Time: 10 am - 2 pm



Location: Multi-Purpose Room



Lunch and snacks are provided



Don't forget your SA Slips

DATE CHANGED!

Contact: Krista Frank if you need a ride or have questions





NUK'WANTWAL':
"Help Each Other"

DAY TREATMENT. 7-8
PROGRAM

DATE: TBA POSSIBLE JUNE 23, 2026

TIME: 9:AM 3:30PM

LOCATION: TBA

Lillooet B.C

Once we get twelve committed individuals, we will determine a Date in the future.

We work through our recovery by supporting each other. We do things to strengthen ourselves holistically

Give yourself the gift of a fresh start that counts.
Breaking the cycles

Balancing your medicine wheel.

Milestones new chapter.

Referral packages available at
LTC

LTC/SOHS, 650 Industrial Place, Lillooet | 250-256-7523
ext. 255
Email.
matilda.fenton@statimcltc.ca

Xwisten Elders

Tea

DATE: JUNE 3RD, 2026

TIME: 1PM

LOCATION: MPR

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

Luncheon

DATE: JUNE 11TH, 2026

TIME: 11:30AM

LOCATION: TOTEM RESTAURANT

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



Requesting more support from families ☐

Xwisten Youth and Recreation is asking for support from families to help raise funds for youth and community programs, trips, and special events.

Fundraising is essential to keep activities going for our youth. We ask that families:

- Take part in fundraising efforts (concession workers, floor workers, card sellers)
- Help at events when possible
- Contribute ideas or support where they can (donations for raffle and door prizes)

Family participation is required to help ensure programs can continue and that your family are able to take part in trips and special activities.

Let's work together to create positive experiences for our youth and keep these opportunities strong in our community.

Rubin Williams

Youth and Recreation Coordinator

youthandrec@xwisten.ca

2502567423 ext 844

Xwisten



YOUTH AND RECREATION ☐



ALL STUDENTS YEAR-END CELEBRATION

Let's celebrate another amazing school year together!



Friday, June 26, 2026



**Rec Centre (Pool)
Band Office, Xwisten Gym**

SCHEDULE OF EVENTS



12:00 PM Meeting at Band Office

Afternoon Activities

Enjoy swimming, games and fun with friends!



**3:30 PM Return to
BBQ Celebration**

Celebrate the completion of another great school year with food and fun!

DON'T MISS IT!

- Bring your swimsuit & towel
- Come ready for fun [redacted]
- Enjoy time with classmates [redacted]

**Congratulations to all students
on a successful school year!**

Xwisten will be participating in the **St'at'imc Canoe Journey 2026**, taking place from **June 19 to June 21, 2026**.

We will be bringing **at least one Xwisten canoe** to this year's journey. Due to limited seating capacity in the canoes, participant spaces are limited and must be coordinated carefully.

Please Contact if you'd like to join

Rubin Williams

youthandrec@xwisten.ca

2502567423 ext 844



As registration is underway, we are aiming to have everything confirmed as soon as possible. At the same time, we are working to secure a bus or van to support transportation of both participants and luggage.

A promotional poster for the St'at'imc Canoe Journey. The top half has a dark background with the text 'ST'AT'IMC CANOE JOURNEY' in large white letters, and 'Paddling as one' in a cursive font below it. The bottom half features three photographs: a canoe on a river, a group of people in a canoe, and two people hugging. The text 'CULTURAL & TRADITIONAL ADVENTURE AWAITS.' is at the bottom left.

**ST'AT'IMC
CANOE
JOURNEY**
Paddling as one

CULTURAL &
TRADITIONAL
ADVENTURE AWAITS.



Xwisten Recreation

Xwisten youth and Recreation

Bingo Xwisten Gym

June 10 2026 and June 24 2026

Doors Open at 5:00 pm

Regular books: toonie pot

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

Qíłqéłt 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*



Xwisten Recreation



Xwisten

Sports

Night

June

3, 9,

17, 23

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 844

youthandrec@xwisten.ca





Xwisten Recreation



All youth

June 2 ,
16 , 30

MPR

4:30 pm—6:30 pm

Xwisten KIDS

CLUB



XWISTEN YOUTH GROUP

Contact Rubin Williams

Youth and recreation
coordinator

youthandrec@xwisten.ca

2502567423 ext 844



Xwisten Chair Exercises



Open to all

For balance, flexibility
and muscle tone

June 1 , 4 , 8 , 11 , 15 ,
18 , 22 , 25 , 29

*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





Celebrating Recovery & Resilience

In recognition of Stroke Awareness Month and the 5th anniversary of the enhanced After Stroke program, join us for two inspiring learning opportunities:



Enhancing the Timing and Family Centered Nature of Stroke Care

With Karen Jennings, Stroke Caregiver and Dr. Jill Cameron, Professor and Vice Chair of Research in Occupational Science and Therapy at the Rehabilitation Sciences Institute, Temerty Faculty of Medicine, University of Toronto

Tuesday, June 9th, 2026

10am–11am PT, 11am–12pm MT
12pm–1pm CT, 1pm–2pm ET
2pm–3pm AT, 2:30pm–3:30pm NL



Register at:

<https://tinyurl.com/familycenteredstrokecare>

Roadmap to Recovery: The Role of Education in Life After Stroke

With Sue Verrilli, Regional Education Coordinator for the Northeastern Ontario Stroke Network, responsible for coordinating, implementing, and evaluating stroke education across the region.

Monday, June 29th, 2026

10am–11am PT, 11am–12pm MT
12pm–1pm CT, 1pm–2pm ET
2pm–3pm AT, 2:30pm–3:30pm NL



Register at:

<https://tinyurl.com/roleofeducationafterstroke>

Educate, Engage, Empower



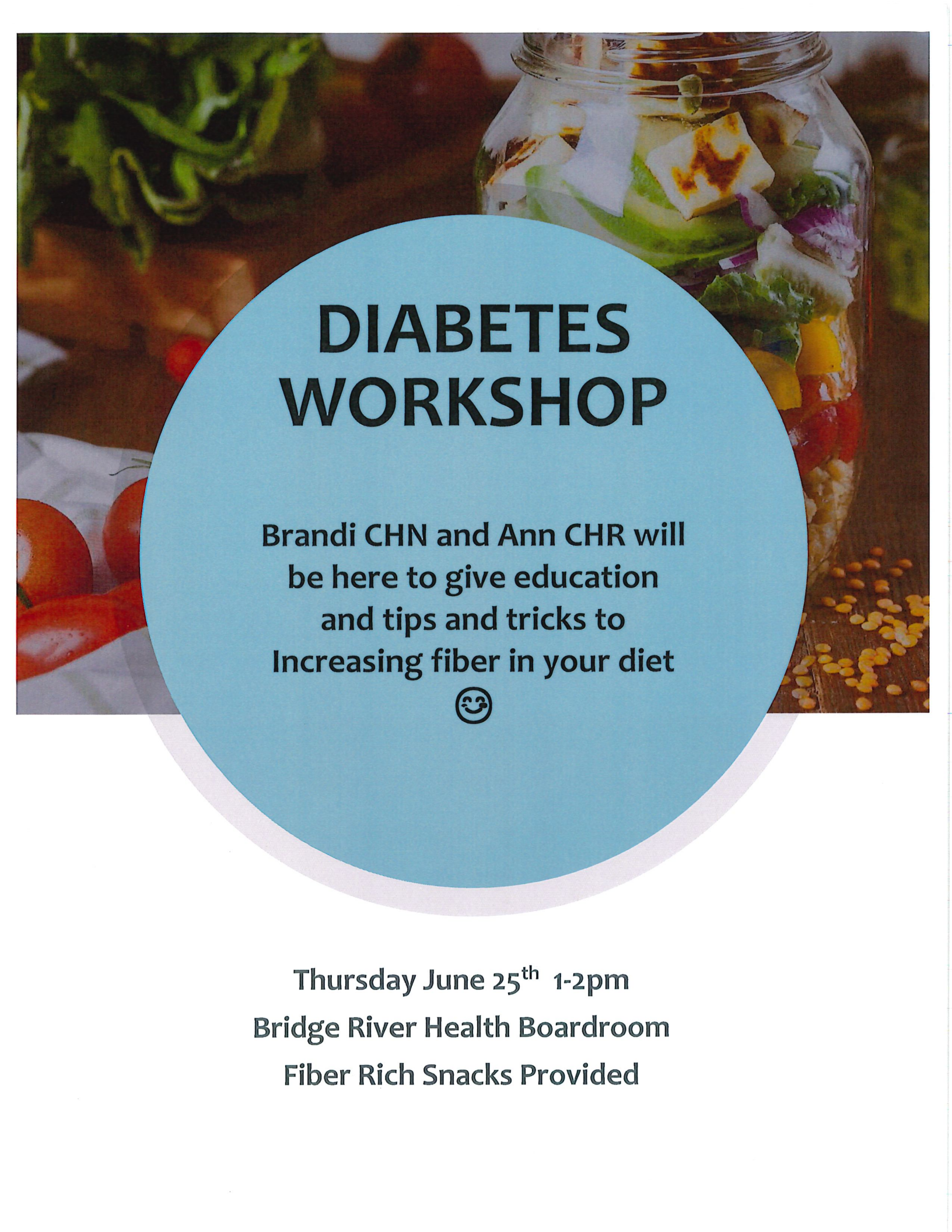
Phone:
[1-888-540-6666](tel:1-888-540-6666)



Email:
afterstroke@marchofdimes.ca



Website:
www.afterstroke.ca



DIABETES WORKSHOP

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



**Thursday June 25th 1-2pm
Bridge River Health Boardroom
Fiber Rich Snacks Provided**

Mammograms Save Lives

Digital Mobile Mammography Coming to Your Community



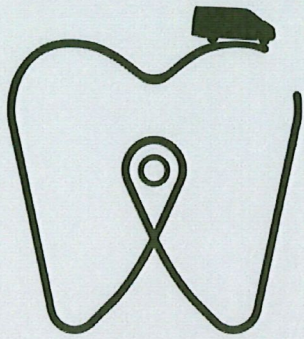
BC Cancer Breast Screening's digital mobile mammography service will be visiting:

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.



THE TRAVELLING HYGIENIST



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Serving all of BC with high quality, patient-centered care right at your doorstep.

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Exceptional dental care that fits your lifestyle, whether at home or in a care facility. Our skilled team is ready for you.

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Fully Equipped Mobile Dental Van


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.


We can't wait to see you smile!

CONTACT US

 778-231-0475

 www.thetravellinghygienist.com

 info@thetravellinghygienist.com

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



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!

JUNE 18TH 9:30-2PM

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



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





INTERIOR REGION
First Nations Health Authority

CRISIS RESPONSE & HEALTH EMERGENCY SUPPORT

CRISIS RESPONSE

Mental Wellness Incident: Attempted or completed suicide, tragic fatality or injury, multiple deaths or homicide, and missing persons.
Toxic Drug Poisoning: Overdose and/or death.

HEALTH EMERGENCY

Environmental Disasters: Catastrophic events including flooding, forest fire, earthquake, landslide, industrial explosion, hazardous material spill, etc.
Pandemic Illness: COVID-19, hoarding, bedbugs.

Who Can Enact Supports?

Chief, Council, Health Director or the Community Engagement Coordinator.

Chief, Council, Health Director, Community Engagement Coordinator, Community and/or Nation Emergency Program Coordinator.

Who to Contact

To access Crisis Support, contact Storme Sandy, Crisis Response Lead, at 1-778-694-4957 or Storme.Sandy@fnha.ca or 1-833-751-2525 or IRSupports@fnha.ca

To access Health Emergency Support, contact the Regional Health Emergency Management Team, at 1-877-440-1140 or IREOC.OPS@fnha.ca

Assessment



Who, what, where, when, why, how?



What supports are needed?



What supports are already in the area?



What mental health or traditional supports are needed?

Connection to Wellness Supports

FNHA Traditional Supports
FNHA Mental Health Clinicians - One on One Sessions, Group Sessions, Grief and Loss Debriefing, Critical Incident Debriefing
IRSSS - Grief and Loss Debriefing, Critical Incident Debriefing, Traditional Supports

Short Term Crisis Fund Requests

Potentially available to assist with:

- Traditional Wellness Supports
- Group Counselling Costs
- Grief and Loss Debriefing

Does not include:

- Individual circumstances such as travel
- Funeral costs, including feasts
- Home fire expenses



First Nations Health Authority
Health through wellness

Mental Health Supports

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@gitanmaax-health.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

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](#)
Texting support for adults available by texting TALK to [741741](#)

Youth in BC offers crisis support available for youth 25 and under.
Website: [youthinbc.com](#)

Regional health authority mental health supports

The following regional health authority supports are available to all BC residents.

Fraser Health

Phone: 1-866-766-6960
Website: <https://www.fraserhealth.ca/health-topics-a-to-z/indigenous-health/indigenous-mental-health-and-wellness>

Interior Health

Phone: 310-MHSU (6478)
Website: <https://www.interior-health.ca/health-and-wellness/mental-health-and-substance-use/mental-health/adult-mental-health-services-and-resources>

Island Health

Phone: 1-888-885-8824
Website: <https://www.islandhealth.ca/our-services/mental-health-substance-use-services>

Northern Health

Phone: 310-6789
Website: <https://www.northern-health.ca/services/mental-health-substance-use/get-help-now>

Vancouver Coastal

Phone: 8-1-1
Website: <https://www.vch.ca/en/health-topics/mental-health-substance-use>



Nursing is a very diverse profession that is rapidly changing and always adapting to the needs of the population.

Most nurses are specialized in a specific area and have different roles and tasks that they can perform.

There are three (3) main types of nurses in a Community setting:

1. Home Care Nurse

Provides supportive care to clients in their homes. Home care nurses and their staff enable individuals to maintain some independence and remain in their homes.

2. Community Health Nurse

Also known as a Public Health Nurse. Takes a population health approach and are mainly involved in health promotion in order to prevent disease and to manage current conditions.

3. Nurse Practitioner

These are nurses with advanced training and work much like a family doctor with some limits to their practice.

A NURSE IS A NURSE?

*THE DIFFERENT TYPES OF
NURSES IN COMMUNITY,
AND WHAT THEY DO*



If you have any questions
about the services your
Community provides, please
contact your local health
centre



INTERIOR REGION

First Nations Health Authority

HOME CARE NURSE

COMMUNITY HEALTH NURSE

NURSE PRACTITIONER

Client group includes:

1. Elderly
2. Chronically ill
3. People with disabilities
4. Acutely ill requiring treatment

Client group includes:

1. All age groups that are not ill
2. Schools
3. Headstart
4. Pre-natal and post-natal
5. Infants

Client group includes:

1. All age groups across their lifespan
2. Families

Skills:

1. Acute care nursing skills
2. Health assessment skills
3. Specific skills such as:
 - a. Ostomy management
 - b. Pain management
 - c. Palliative care
 - d. Diabetic Nurse educator
 - e. Foot care
 - f. IV drug therapy
 - g. Wound management

Skills:

1. Immunization certification
2. Health assessment skills
3. Workshop presentations
4. Pre- and post-natal education
5. Health promotion
6. Illness prevention education
7. Community development

Skills:

1. Health assessment skills
2. Diagnostic skills
3. Management of disease and illness
4. Educational skills for various disease processes and health related topics
5. Specific clinical skills such as:
 - a. Suturing
 - b. Incision and drainage
 - c. Women's health

Tasks:

1. Home visits
2. Wound care management (dressing changes)
3. Medication: monitoring, administration, and teaching
4. Providing care for dying clients
5. Supervision of personal care aides and family support workers
6. Diabetes management and follow-up
7. Management and care of ostomy devices

Tasks:

1. Home visits
2. Clinic visits for preventative health
3. School visits
4. Child health visits
5. Immunizations
6. Referrals
7. Community workshops
8. Communicable disease control

Tasks:

1. Clinic visits for management of disease and illness
2. Clinic visits for preventative health
3. Order diagnostic tests (bloodwork, x-rays, ultrasounds)
4. Prescribe medications (excluding narcotics and controlled substances)
5. Perform pap smears
6. Provide referrals



First Nations Health Authority
Health through wellness

Blood Glucose Testing Strips

Have you or a loved one been recently diagnosed with diabetes?

You may have been told by your care provider to start checking your blood sugar. Information about your blood sugar can help guide your health and wellness decisions. For most people with type 2 diabetes, occasional checking is usually enough. More frequent checking may be needed if you are taking certain medications (such as insulin) to manage your diabetes.

Talk to your healthcare provider about your diabetes treatment and how often you should check your blood sugar.

Learning about your diabetes is important.

Exercise, food, stress, medications, and illness can all affect your blood sugar. Checking your blood sugar can help you make decisions that keep you at a balanced sugar level. Maintaining balanced blood sugar levels is important for your wellness as it helps prevent complications of low blood sugar and protects your heart, eyes, kidneys, feet and blood vessels from damage related to consistently high blood sugar.

*Did you know?
Blood glucose test strips are covered by First Nations Health Benefits.*



*Did you know?
If you are using insulin to manage your diabetes, you may be eligible for a continuous or flash glucose monitor (such as the DexCom G6®, DexComG7® or FreeStyle Libre 2®). Talk to your prescriber about this option.*

Frequently Asked Questions

How do I activate coverage for test strips?

You or your healthcare provider can activate lifetime coverage for test strips by calling First Nations Health Benefits (FNHB) at 1-855-550-5454.

Additionally, test strips coverage can be activated after attending an education session at designated Diabetes Education Centre.

How many test strips am I eligible per year?

The number of test strips you are covered for is based on the diabetes treatment you are receiving. In the event of an exceptional circumstance where you need additional test strips, your prescriber may be able to request approval through the Special Authority process.

Do I have to buy my own glucose monitor?

No, you do not have to buy your own glucose monitor. Monitors are free when you receive test strips.

What other products are available to support blood glucose checking?

In addition to test strips and glucose monitors, you will also find lancets, sharps containers, alcohol swabs, and ketone strips at your local pharmacy. Talk to your pharmacist to access coverage for these products.



For more information about the items covered by your drug plan, contact your local pharmacy or speak with a First Nations Health Benefits pharmacy assessor at 1-855-550-5454.
For more information about Health Benefits coverage of diabetes medications and supplies, scan the QR code above.

Medical Supplies and Equipment Benefits



First Nations Health Authority
Health through wellness

First Nations Health Benefits offers you a comprehensive Medical Supplies and Equipment (MS&E) plan to support you on your wellness journey.

MS&E items and services are required by many people for short or long-term needs and can be essential in supporting your health and wellness.

Did you know?

There are over 400 MS&E items and services available to you.

Your MS&E benefit offers you a comprehensive list of items and services based on your needs and eligibility.

What my plan covers



Some items and services that are covered by your MS&E plan include, but are not limited to:

- Braces and splints
- General MS&E
- Hospital beds
- Low vision aids
- Ostomy supplies
- Wound care supplies
- Bathing and toileting aids
- Cushions and protectors
- Hearing aids and repairs
- Prosthetics and supplies
- Lifting and transfer aids
- Foot orthotics and orthopedic shoes
- Oxygen, sleep and breathing aids
- Offloading boots (air casts)
- Surgical stockings and pressure garments
- Urinary supplies and devices
- Walking aids and wheelchairs
- Diabetic and heart patient devices

What my plan does not cover



Some items and services that are not covered by your MS&E plan include, but are not limited to:

- Household items (e.g., air conditioner)
- Home renovations (e.g., ramps, stair lifts)
- Sports equipment (e.g., treadmills, exercise items)



To have your MS&E plan details at your fingertips, download the Pacific Blue Cross (PBC) App by scanning the QR code, or visit pac.bluecross.ca, to login to your member profile.

How Do I Access Coverage?

There are certain steps you can take to access your coverage, avoid out-of-pocket costs and get the items you need quickly. If you are covered by more than one benefit plan, ask your provider about coordinating them as they may work together to cover costs.

1

If your doctor, nurse practitioner or other health care provider suggests an MS&E item, ask them for a prescription or written recommendation.

2

Ask your pharmacist or MS&E provider if they are registered with PBC for direct billing.

3

Talk to your pharmacist or MS&E provider about which items and services are fully covered by your MS&E plan.

4

Make sure any prior approval requests for items or services have been approved.

If you have any questions about your Medical Supplies & Equipment plan or how to access coverage, please call **1-855-550-5454**.



AM I ELIGIBLE?

The Health Benefits Program is available to First Nations people with Indian status who live in BC. The Health Benefits Program is also available to infants (up to 24 months) if at least one parent is eligible for the program.

You are not eligible for Health Benefits if you have health insurance provided by the federal government, or by a First Nations organization as part of a self-government agreement with Canada.



VIEW YOUR PLAN DETAILS

To have your plan details at your fingertips, download the Pacific Blue Cross (PBC) App by scanning the QR code or visit: www.pac.bluecross.ca, to login to your member profile.

If you have any questions about your health benefits plan or how to access coverage, please call First Nations Health Benefit Services at: **1-855-550-5454** or email: **healthbenefits@fnha.ca**



First Nations Health Authority
Health through wellness

First Nations Health Benefits

First Nations Health Benefits offers comprehensive benefits coverage for eligible clients across six areas to support you on your wellness journey.



VISION CARE

Getting a regular eye exam is necessary to maintain good eye health and to check the eyes and brain for diseases. Coverage for this benefit includes eye exams, sight tests, prescription eyewear and repairs.



DENTAL

Seeing an oral health care provider regularly can help you catch dental problems before they get too serious and require more extensive procedures. This benefit offers coverage for dental items and service to maintain good oral health.



PHARMACY

Medications and other pharmacy items and services can be an important part of preventing and managing illness. The pharmacy plan supports your wellness by providing coverage for certain medications such as prescription drugs, over-the-counter drugs, non-drug over-the-counter items.



MENTAL HEALTH

Counselling is a tool for those experiencing a difficult situation to resolve their emotional distress and enjoy greater wellness. This benefit offers access to mental wellness and counselling services from registered psychologists, social workers or clinical counsellors.



MEDICAL TRANSPORTATION

The Medical Transportation benefit offers supports to attend medically necessary health services not available in your community of residence. This includes assistance with the cost of meals, accommodation and transportation.



MEDICAL SUPPLIES AND EQUIPMENT

Many people need medical supplies and equipment for short- or long-term health conditions. This benefit provides coverage for these items to avoid out of pocket costs and ensure you get the items you need quickly.

How Do I Access Coverage?

The mental health Provider you select must be registered with First Nations Health Benefits for you to receive coverage. Scan the QR code to find an interactive map of all registered Providers.



1

Contact a local or virtual Provider of your choice to book an appointment.

2

Have a conversation with your Provider about your mental health and wellness needs.

3

Your Provider will submit the appropriate documentation for approval.

4

Have your first appointment with your mental health Provider.

Cancellation Notice:

Please give as much notice as possible if you need to cancel your appointment. First Nations Health Benefits will not cover the cost of missed appointments.

If you need to talk to someone now or while you are waiting to talk to a mental health Provider, the following resources are available to you:

Tsow-Tun Le Lum: 1-888-403-3123

IRSSS Toll-Free Line: 1-800-721-0066

KUU-US Crisis Line: 1-800-588-8717

24-Hour National Crisis Line: 1-866-925-4419

If you have any questions about your Mental Health Benefits, about how to access coverage, or need travel assistance to access counselling, please call [1-855-550-5454](tel:1-855-550-5454).

Mental Health Benefits



First Nations Health Authority
Health through wellness

First Nations Health Benefits offers you a mental health plan through the Mental Wellness and Counselling Program to support you on your wellness journey.

Mental Health Service Providers offer culturally safe counselling and therapy to enhance your well-being and work through life's challenges, such as trauma, depression, anxiety and more.

Did you know?

First Nations Health Benefits partners with Providers across a range of 25-30 clinical specialties, including substance use, anxiety, Elder counselling, and more.

What my plan covers



Your plan covers counselling services from Providers who are trained in cultural safety and are registered with First Nations Health Benefits, including:

- Psychologists
- Clinical Counsellors
- Social Workers

Note: Telehealth options are available.

What my plan does not cover



Some services that are not covered by your mental health plan include, but are not limited to:

- Psychiatric emergencies
- Services for the purpose of a third party (e.g., school application, employment assessment, etc.)



If you are covered by more than one benefit plan, ask your provider about coordinating them as they may work together to cover costs.

To have your mental health plan details at your fingertips, download the Pacific Blue Cross (PBC) App by scanning the QR code, or visit pac.bluecross.ca, to login to your member profile.

How Do I Access Coverage?

Where you access the program depends on what Nation and/or community you are from and where you live.

If you live in community, please contact your community's Patient Travel Clerk to access your Medical Transportation Benefits.

If you live outside your community, or are unsure who to contact for your travel, please call us at **1-855-550-5454**.

1

Submit your travel request and your written confirmation of appointment at least five business days before your trip to get prior approval.

2

Your Patient Travel Clerk or First Nations Health Benefits will send you your travel arrangements.

3

Attend your appointment as scheduled and get a signed Confirmation of Attendance Form from your Provider.

4

Submit your Confirmation of Attendance Form to your Patient Travel Clerk or to First Nations Health Benefits.

Some requests may require additional documentation, such as an Escort Form or referral letter. First Nations Health Benefits or your Patient Travel Clerk can guide you through this process.



For more detailed information about your Medical Transportation Benefits, please scan the QR code to access the Medical Transportation Client Guide or call **1-855-550-5454**.

Medical Transportation Benefits



First Nations Health Authority
Health through wellness

The Medical Transportation Benefit is intended to help you access medically necessary health services not available in your community of residence.

This may include coverage towards the cost of travel, meals, and accommodation. If you need help getting to or from your appointments, your Medical Transportation Benefits may also cover the cost of an escort to travel with you.

What my plan covers



You can access Medical Transportation Benefits for travel to access health services, including the following:

- Services eligible under First Nations Health Benefits (e.g., dental, vision, etc.).
- Medical services covered by the BC Medical Services Plan or a public health agency (e.g., cancer related travel).
- Publicly funded diagnostic tests and preventative screening programs.
- Traditional healers, if approved as an Exception.
- First Nations Health Authority funded Treatment Centres for substance use, recovery, and trauma programs.
- Witnessed ingestion of Opioid Agonist Treatment.

What my plan does not cover



Some types of travel that are not covered include, but are not limited to:

- Travel back to your community of residence if you become ill during non-medical related travel.
- Travel to pick up prescriptions, glasses, or medical supplies and equipment that do not need to be fitted (e.g., off the shelf braces).



For additional information on current Medical Transportation rates, escort eligibility, documentation or required travel forms, scan the QR code to visit fnha.ca/benefits/medical-transportation.

How Do I Access Coverage?

When you make an appointment, the best way to access your coverage and avoid out-of-pocket costs is to discuss your treatment plan and billing details with your oral health care provider. If you are covered by more than one benefit plan, ask your provider about coordinating them as they may work together to cover costs.

1

Ask your dental provider if they are registered with PBC so they can bill PBC directly.

2

Talk to your dental provider about which items and services are fully covered by your plan.

3

Make sure any prior approval requests for items or services have been approved.

4

Check if your dental provider requires payment up front.

If you have any questions about your dental plan, about how to access coverage, or need travel assistance to access your dental care, please call **1-855-550-5454**.

Dental Benefits



First Nations Health Authority
Health through wellness

First Nations Health Benefits offers you a comprehensive dental plan to support you on your wellness journey.

Seeing an oral health care provider regularly can help you catch dental problems before they become more serious and require more extensive procedures.

Did you know?

Oral health can affect more than just your mouth. Dental infections can complicate certain health conditions, such as diabetes, heart disease and pregnancy.

With your Dental Benefits, you have regular access to essential preventative services to take care of your oral and overall health.

What my plan covers

Your plan covers certain dental care services and items under the following categories:

- Orthodontic services (coverage has age restrictions and medical criteria)
- Periodontal services (e.g., cleanings, scaling or root planing)
- Root canals and related services
- Crowns, inlays, onlays, veneers
- Exams and X-Rays
- Fillings
- Bridges
- Dentures
- Preventive services
- Dental surgery

What my plan does not cover

Some items and services that are not covered by your dental plan include, but are not limited to:

- Cosmetic treatments
- Implants
- Ridge augmentation



To have your dental care details at your fingertips, download the Pacific Blue Cross (PBC) App by scanning the QR code, or visit pac.bluecross.ca, to login to your member profile.

How Do I Access Coverage?

When you make an appointment, the best way to access your coverage and avoid out-of-pocket costs is to discuss your exam, eyewear options and billing details with your provider. If you are covered by more than one benefit plan, ask your provider about coordinating them as they may work together to cover costs.

1

Ask your provider if they are registered with PBC so they can bill PBC directly.

2

Check if your vision care provider requires payment up front.

3

Talk to your vision care provider about which items and services are fully covered by your vision care plan.

4

If you purchase your glasses or contact lenses online, request reimbursement through PBC.

If you have any questions about your vision plan, about how to access coverage, or need travel assistance to access your vision care, please call **1-855-550-5454**.

Vision Benefits



First Nations Health Authority
Health through wellness



First Nations Health Benefits offers you a comprehensive vision care plan to support you on your wellness journey.

Getting a regular eye exam is necessary to maintain good eye health and to check the eyes and brain for diseases. If you wear prescription contacts or eye glasses it is important to update your prescription regularly.

Did you know?

Approximately 80% of visual impairment is either preventable or curable with treatment.

Your vision care plan offers you access to regular preventative services, such as eye exams, to protect and maintain your eye health.

What my plan covers

Your plan covers certain vision care services and items under the following categories:

- Sight tests and eye exams; and
- Prescription eyewear and repairs.

What my plan does not cover

Some services that are not covered by your vision plan include, but are not limited to:

- Prescription eyewear accessories or supplies (e.g., contact lens solution, glasses cases)
- Surgical procedures (e.g. laser eye surgery)



To have your vision care details at your fingertips, download the Pacific Blue Cross (PBC) App by scanning the QR code, or visit pac.bluecross.ca, to login to your member profile.

Psst... Hey... You there...

...Wanna Quit?

*...I heard that everyone who's **cool** is doing it...*

Listen, we all know it, smoking is **pretty bad**... It's bad for your lungs, bad for your health, it's even worse for those around you... So, looking to get away from that stuff and just... **quit?**

Well you're in luck... since we're looking for **12** participants to help **quit smoking**.



The **Smoking Cessation Program** will start on

July 2, 2026

and it will end on

August 2, 2026

Interested in joining? Send an email to

Healthreception@Xwisten.ca

I also heard that there's some **prizes** and **rewards** for those who go through and quit...

...Other than that, any questions you have?

Send them to any one of these great people:

Brandi DeKelder:

Brandi.DeKelder@fnha.ca

Garry Dunn:

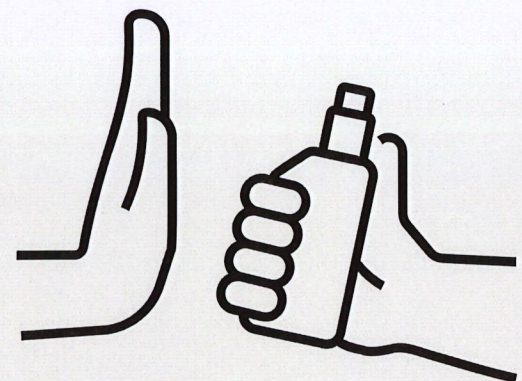
CommunityWellness@xwisten.ca

Matthew Davidson:

Foodsystems.Coord@xwisten.ca

Both Garry and Matthew can be called at:

250-256-7423



NOTE: All participants should seek medical clearance before attempting to quit smoking!



BRIDGE RIVER INDIAN BAND
Xwisten's Food Systems



June

2026

Bingo's At Bridge River Band Office



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 St'at'imc Graduation Bingo	6 St'at'imc Graduation Bingo
7 Bridge River Elders Rolling Jackpot	8	9	10 Sports & Rec	11 St'at'imc Gathering 2027	12	13
14	15	16	17	18	19	20
21	22	23	24 Sports & Rec	25 St'at'imc Gathering 2027	26	27
28	29 Xwisten Elders	30				

BRIB HEALTH APPOINTMENTS JUNE 2026

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


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

Thursday June 4th 8-4:20pm	Amy Foot Care Please book appointment with Ann
Tuesday June 9th 12-4pm	Dr. Ejaz Please book appointment with Ann
Thursday June 18 th 9:30-2pm	RD Magda Please book appointment see poster for details
Wednesday June 24 th 1-6pm	Dr. Humber Please book appointment with Ann
Thursday June 25 th 1-2pm	Diabetes Workshop with CHN Brandi Walk-ins Welcome Snacks Provided
Date to be determined	NP Micha Please book appointment with Ann
Date to be determined	Travelling Hygienist 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

June

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Home / Phone Visits	2 Home / Phone Visits	3 Elders Tea MPR 1:00pm	4 Drumming in the Park 10am – 12pm	5 Home / Phone Visits	6
7 BR Elders Rolling Jackpot Bingo 5pm Gym	8 Home / Phone Visits	9 Home / Phone Visits	10 Home / Phone Visits	11 Elders Lunch Totem 11:30am	12 Home / Phone Visits	13
14	15	16	17	18	19	20
21  HAPPY FATHER'S DAY	22	23	24	25	26	27 St'at'imc Grad
28 Kamloopa Pow Wow	29	30	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Jess Oleman Xwisten Elders Coordinator 250-256-7423 ext 839 elders@xwisten.ca</p> </div>			

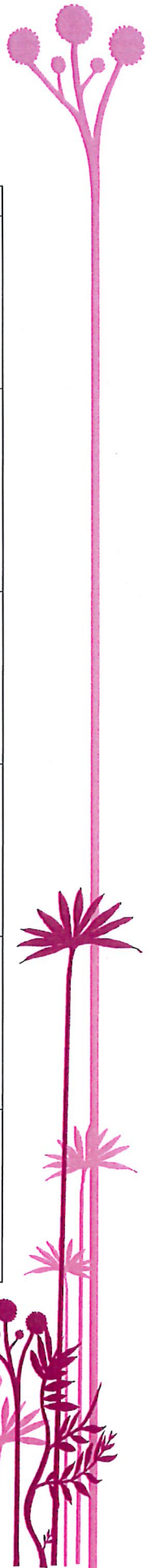
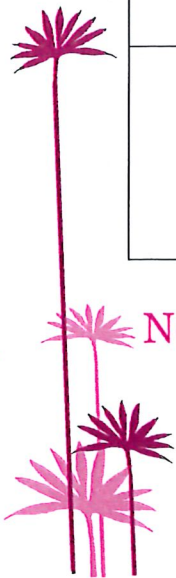
Notes:

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

Summer is definitely on its way!! Hoping everyone is prepped for the heat and finding some fun things to do in this beautiful weather!!

Don't forget to check in on each other every day!!

As always: S7at'sxstsúwi – take care or yourselves 😊



JUNE 2026

Youth and Recreation Events

JUNE 2026

- Chair Exercises June 1, 4, 8, 11, 15, 18, 22, 25, 29 MPR 10:30 am—12:00 pm
- Xwisten All youth Group June 2, 16, 30 4:30—6:30 pm MPR
- Sports nights June 3, 9, 17, 23 7:00 pm—9:00 pm GYM
- Youth and Recreation BINGO's June 10, 24 Gym 5:00 pm—10:00pm
- St'at'imc Canoe Journey June 19, 20 and 21st 2026
- All students Year End celebration

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Chair Exercises	2 Xwisten Kids Club	3 Sports Night	4 Chair Exercises	5	6
7	8 Chair Exercises	9 Sports Night	10	11 Chair Exercises	12	13
14	15 Chair Exercises	16 Xwisten Kids Club	17 Sports Night	18 Chair Exercises	19 St'at'imc Canoe Journey	20 St'at'imc Canoe Journey
21 St'at'imc Canoe Journey	22 Chair Exercises	23 Sports Night	24 Youth and rec Bingo	25 Chair Exercises	26 All Students Celebration	27
28	29 Chair Exercises	30 Xwisten Kids Club				

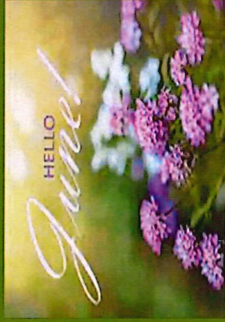
BRIDGE RIVER INDIAN BAND

12210 Joseph Road



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

June 2026



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

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

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

June 2026

	MON	TUE	WED	THU	FRI	SAT	SUN
1		2	3	4	5	6	7
Client Foot Care Home visits	Clients Shower Day Client Physio	Client Check ins Client Shower	Medication Pick ups/ Drop offs	Client Shower Days Client Foot care days			
8	9	10	11	12	13	14	
Client Foot Care Home visits	Clients Shower Day Client Physio	Client Check ins Client Shower	Medication Pick ups/ Drop offs	Client Shower Days Client Foot care days			
15	16	17	18	19	20	21	
Client Foot Care Home visits	Clients Shower Day Client Physio	Client Check ins Client Shower	Medication Pick ups/ Drop offs	Client Shower Days Client Foot care days			
22	23	24	25	26	27	28	
Client Foot Care Home visits	Clients Shower Day Client Physio	Client Check ins Client Shower	Medication Pick ups/ Drop offs	Client Shower Days Client Foot care days			
29	30						
Client Foot Care Home visits	Clients Shower Day Client Physio	Client Check ins Client Shower	Medication Pick ups/ Drop offs	Client Shower Days Client Foot care days			
Schedule subject to change if client emergencies arise!							
Daphne - HCCW	250-25607423 # 842	Xwisten	Health	Dept			

June

2026

Community Wellness Coordinator
 Garry Dunn 250-256-7423 ext 870
 Communitywellness@xwisten.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 In office counselling 8:00am to 4:00pm	2 RIH Kamloops 8:00am to 4:00pm	3 In office counselling 8:00am to 4:00pm	4 RIH Kamloops 8:00am to 4:00pm	5 In office counselling 8:00am to 4:00pm	6
7	8 In office counselling 8:00am to 4:00pm	9 In office counselling 8:00am to 4:00pm	10 In office counselling 8:00am to 4:00pm	11 In office counselling 8:00am to 4:00pm	12 In office counselling 8:00am to 4:00pm Statlimc grad 4 to 6	13
14	15 In office counselling 8:00am to 4:00pm	16 In office counselling 8:00am to 4:00pm	17 In office counselling 8:00am to 4:00pm	18 Community dinner 8:00am to 7:00pm	19 In office counselling 8:00am to 4:00pm	20
21	22 In office counselling 8:00am to 4:00pm	23 In office counselling 8:00am to 4:00pm	24 In office counselling 8:00am to 4:00pm	25 In office counselling 8:00am to 4:00pm	26 In office counselling 8:00am to 4:00pm	27
28	29 In office counselling 8:00am to 4:00pm	30 In office counselling 8:00am to 4:00pm				



n. Státimc
Primary Care Centre

n. Státimc Primary
Care Centre Calendar

June 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 Wellness Day 1 - 7pm	3 MH Clinician Ts'kw'aylaxw	4 MH Clinician Sekw'el'was	5	6 End of Life Workshop Ts'kw'aylaxw
7	8	9	10	11	12 MH Clinician Tsal'alh	13
14	15 Footcare w/ Amy Bordas	16 Womens Group 5pm - 7pm	17 MH Clinician Ts'kw'aylaxw	18 MH Clinician Sekw'el'was	19	20
21	22	23	24	25 MH Clinician Tsal'alh Wellbriety Tsal'alh	26 MH Clinician Tsal'alh	27
28	29	30 Womens Group 5pm - 7pm				

📍 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



First Nations Health Authority
Health through wellness

June 2026

Lillooet & Lytton HC & Community Health Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Tsal'alh- Christina Skuppah – Crystal Lillooet NIC- Telleighla LFN- Larissa Boston Bar – Ashley</p>	<p>2</p> <p>Tsal'alh- Ashley Boothroyd- Larissa LFN NIC- Telleighla Lillooet HC- Crystal Ts'kw'aylaxw – Christina</p>	<p>3</p> <p>Skeesht- Larissa Sekw'el'was- Christina Ashcroft- Telleighla T'it'q'et- Brandi</p>	<p>4</p> <p>Kanaka – Crystal St'uxwrews- Telleighla Lillooet HC- Crystal LFN- Larissa Xwisten- Brandi OAT Lillooet- Christina</p>	<p>5</p> <p>Lillooet HC- Crystal LFN- Larissa Lillooet HC- Brandi OAT Outreach- Christina</p>
<p>8</p> <p>BLS Recertification</p>	<p>9</p> <p>VIOLENCE PREVENTION DAY</p>	<p>10</p> <p>Skeesht- Larissa Sekw'el'was- Christina Ashcroft- Telleighla Lillooet HC- Crystal</p>	<p>11</p> <p>Kanaka – Crystal St'uxwrews- Telleighla LFN- Larissa NIC- Telleighla OAT Lillooet- Christina</p>	<p>12</p> <p>Lillooet HC- Crystal LFN- Larissa OAT Outreach- Christina</p>
<p>15</p> <p>Tsal'alh- Christina LFN- Jane Skuppah – Crystal Lillooet NIC- Telleighla (Kaine) LFN- Larissa Boston Bar – Ashley</p>	<p>16</p> <p>Tsal'alh- Ashley LFN- Jane (Kaine) Boothroyd- Larissa LFN NIC- Telleighla Lillooet HC- Crystal Ts'kw'aylaxw – Christina</p>	<p>17</p> <p>Skeesht- Larissa Sekw'el'was- Christina Ashcroft- Telleighla T'it'q'et- Brandi (Kaine) Spuzzum- Crystal LFN- Jane</p>	<p>18</p> <p>Kanaka – Crystal St'uxwrews- Telleighla LFN- Larissa (Kaine) Xwisten- Brandi OAT Lillooet- Christina</p>	<p>19</p> <p>Lillooet HC- Crystal LFN- Larissa Lillooet HC- Brandi (Kaine) OAT Outreach- Christina</p>
<p>22</p> <p>Tsal'alh- Christina Skuppah – Crystal Lillooet NIC- Telleighla LFN- Larissa Boston Bar – Ashley</p>	<p>23</p> <p>Tsal'alh- Ashley Boothroyd- Larissa LFN NIC- Telleighla Lillooet HC- Crystal Ts'kw'aylaxw – Christina</p>	<p>24</p> <p>Skeesht- Larissa Sekw'el'was- Christina Ashcroft- Telleighla T'it'q'et- Brandi Lillooet HC- Crystal</p>	<p>25</p> <p>Kanaka – Crystal St'uxwrews- Telleighla LFN- Larissa Xwisten-Brandi (Kaine) OAT Lillooet – Christina</p>	<p>26</p> <p>Lillooet HC- Crystal LFN- Larissa OAT outreach- Christina</p>
<p>29</p> <p>Tsal'alh- Christina Skuppah – Crystal LFN- Larissa Boston Bar – Ashley (Rachel)</p>	<p>30</p> <p>Tsal'alh- Ashley (Rachel) Boothroyd- Larissa Lillooet HC- Crystal Ts'kw'aylaxw – Christina</p>	<p>Leaves: Telleighla June 29th, 30th Crystal June 3rd Brandi: June 10th, 11th Jane June 1st, 2nd, 3rd, 22nd, 23rd, 29th, 30th</p>		

June 2026 Newsletter

HAPPY BIRTHDAY WISHES going out to Sis Geraldine & Grand-Niece Emily on 2nd, Neph Marlon & Niece Julia F on 6th, CJ on 7th, Son Shane (Corky) & Grandson Landon on 10th, Grand-Daughter Hailey F. Jacob on 21st, Grand-Niece Kensley M on 22nd, John M on 22nd, Nieces Aereal W & Tara M and Neph Joe M on 25th, Niece Anna B on 27th... Wishing you all a Fabulous & Blessed day, have a fun day, love you all ❤️😊

Proud of all the Graduates this year. This year am especially proud & happy for Grand-daughter Hailey, made it baby girl, woohoo!! Also big event for Grand Nephews Raphael & Jerome, Grand-Nieces Honey & Lucas, I know there are a couple more on the list but I can't think right now. You all tried your hardest and it paid off perfectly, congrats to you all, love n hugs...

HAPPY HEAVENLY BIRTHDAYS to Mom Flora on 13th, Best Bud & sister Barb & Brother Lou on 3rd, Brother Ben on 4th, Uncle Roy on 23rd... Forever loving & missing you all ... ❤️

HAPPY FATHER'S DAY to all you hard working & loving DADS out there, hope you have a special happy day... let it be fun filled or relaxing... 😊

PIZZA DAY: June 26th, get your order in A.S.A.P. list fills up very fast... 250-256-4135 or Facebook message me.

June 2026 Birthdays

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 Kathleen Street	3  Specwitsa Grizzlypaws	4 Sydney Allen Melina Tom	5 	6 Julia Frank Marlon Michell
7 Michael Aho Jevan Allen Krista Frank Christine Jack Stephen Monitobenis Owen Terry	8 	9 Morgan Frank	10  Doreen James Jerome Pelegrin	11 Kay-Lynn Terry	12 	13 Josephine Richard
14 Jennifer Terry	15 	16 Augustina Alexander Edward Samson	17  Arthur Peters- Philbrook	18 Deborah Jack	19 	20 Adakis Napoleon- James
21 Robert James	22 John Michell Kensley Michell <u>Office Closed</u>	23  Blaine Terry	24 	25	26 	27 Madeline James Anna Michel
28	29  Tammy Fenton	30				