



"GWALLA XA HAMATTALLA"

'Helping our people'

K'OMOKS HEALTH CENTRE

January 2020 NEWS

3320 Comox Road, Courtenay, BC V9N 3P8

Phone: 250-339-6591 Fax: 250-339-6593

Office Hours: 8:30 am – 4:30 pm - Closed for Lunch 12:00 – 1:00 pm



K'OMOKS KDC HEALTH

STAFF SCHEDULES

Phone 250-339-6591 Fax 250-339-6593 - Office Hours 8:30 - 4:30pm

Lunch Break 12:00 - 1:00pm

Ken Bell - Community Wellness Worker - Tuesdays & Thursday

Email: ken.bell@kdchealth.com

Natalie Crawford - Clinical Counsellor - by appointment

Email: natalie.crawford@kdchealth.com

Jordan Campbell – Clinical Counsellor – Fridays

Email: jordan.campbell@kdchealth.com

Tami Compton - Community Health Representative – Monday - Friday

Email: tami.compton@kdchealth.com

Kathleen Power - Registered Dietitian -by appointment -1-866-286-9766

Email: kathleen.power@kdchealth.com

Tanille Johnston- Patient Health Care Navigator- by appointment

Email: tanille.johnston@kdchealth.com

Jacey Dick - CHHN – Tues, Fri- by appointment - 250-339-6591

Email: jacey.dick@kdchealth.com

Pamela Mitchell – Site Admin. Coordinator – Monday - Fridays

Email: receptionkom@kdchealth.com

Our K'ómoks HAC representatives, if you have any questions or concerns for HAC please contact:

Barb Whyte (bwhyte125@gmail.com) Fernanda Pare (fern.pare@hotmail.com)

TAKING CARE OF YOU

WELLNESS BENEFITS AVAILABLE

INFRARED SAUNA

Relaxation, Increase Circulation, Remove Toxins, Reduces Inflammation,
Pain Relief; Improve Skin, Weight Control, Burns calories

PARAFFIN WAXING

Please call ahead so Wax Pot is heated and ready

For hands - Arthritis Relief, Bursitis Relief, Smooth Skin, Eczema,
Inflammation, Stiff Joints

EXERCISE EQUIPMENT

Treadmill, Hand Weights

FOOT CARE

Foot care is available for Elders, Diabetics & those with mobility
problems.

Please call 250-339-6591 to set up an appointment

WELLNESS CHECKS

Book an appointment to get a wellness check, 250-339-6591

Doctor

10-11:30 in office Drop in or for appointments call 250-286-9766

HEALTH CENTRE HAPPENINGS

The programs listed below are sponsored jointly between
K'omoks First Nation & KDC Health

CHAIR YOGA

Chair Yoga is very beneficial for Elders and persons with mobility issues

Drop in Tuesdays in the Band Hall from 11:00 am – noon

EXERCISES

These classes are great for those wanting to get in shape as well as for those wanting to stay in shape

Drop in Mondays & Wednesdays – Band Hall – 5:00-6:00 pm

Next week only: class will be on Tuesday Jan 14 5-6

Wednesday Jan. 15 4:30-5:30

CHAIR MASSAGE

Relaxation Massage is beneficial for Elders and persons with mobility issues

Please call 250-339-6591 - To Book a 30 minute session

Date: 2nd and 3rd Tuesdays of every month

Jan. 14th and 21st (elder's day)

Craft Evenings

Multipurpose Room

Date: Wednesdays Time: 6:00-8:00 pm

Jan. 22, 29

Elders Lunch

Date: Jan. 21 Time: 12-1

Topic: setting goals

Serving: Stew and biscuits

TOOLS FOR CHANGE

Cultural Connection

Date: Jan. 17th & 31st Time: 1-3

Topic: 17th lip balm, 31st literacy day

Men's Wellness Group Lunch

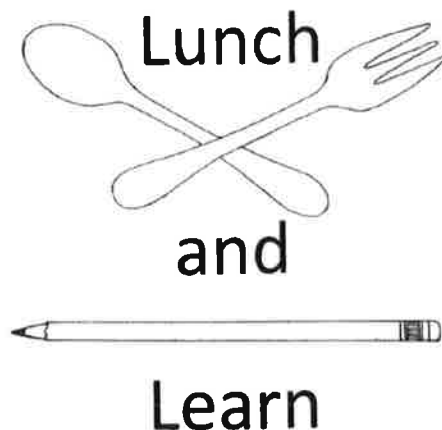
Multipurpose Room

Date: Jan. 16th Time: 12-2

All information shared is kept **CONFIDENTIAL**

☺ All First Nation fellows welcome ☺

The KDC Mental Health & Addictions Program understands the importance of culture and traditions as part of the healing process. It is our goal to offer programming that is culturally sensitive and steeped in the traditions of the Kwakwaka'wakw peoples as part of the healing process. It is also our practice to offer ceremony and tradition as part of every program offered by the Mental Health & Addictions Program.



Date: Jan. 30th Time: 12:00 – 1:30 pm



TC 10K walking group

Starting Jan. 19th

Sundays at 10am

**Meet at the playground at the airpark in
Courtenay.**

Jan. 21st @ 2pm

**Kathleen the nutritionist will come to KDC
Health office to talk about nutrition tips and
tricks for walkers.**

(these are open to everyone even if you are not attending the TC 10K)

Do You or Someone You Know Have Diabetes?

Want to Learn More?

KDC Health Would Like to Support You!

Our Diabetes Educators,

Allison Graham, Nurse & Kathleen Power, Dietitian

Would Like Meet You.

Please Contact Your Local KDC Health Office for More Information:

K'omoks KDC Health Office 250 339 6591

Cape Mudge KDC Health Office 250 285 3996

Quinsam KDC Health Office 250 286 8064

Campbell River KDC Health Office 250 286 9766



If You are In Our Current Diabetes Registry

We Will Contact You!



FREE workshop

Gladue Rights and

How to Prepare a Gladue Submission

January 15, 2020
9:00 am – 5:00 pm

Campbell River
Coast Discovery Inn
Quadra Room
975 Shoppers Row,
Campbell River, BC

The workshop is a full day or two half days, and is a blend of presentation and activities that allow participants to engage, practice, process and reflect on the materials.



Legal Services Society (LSS), also known as Legal Aid, is pleased to offer a free workshop: **Gladue Rights and How to Prepare a Gladue Submission.**

This workshop is for advocates and others who assist clients dealing with criminal matters.

After completing the workshop, the participants should be able to:

1. Explain what Gladue Rights are.
2. Explain why Aboriginal people involved in the Canadian Criminal Justice System have these rights.
3. Understand the impacts of colonization on Aboriginal peoples and list some of the factors that courts have an obligation to consider when sentencing Aboriginal peoples.
4. Use different methods (conduct an interview, contact relevant people, undertake research) to determine which Gladue factors apply to a particular Aboriginal individual involved in the Canadian justice system.
5. Prepare a Gladue submission that can be presented in relation to an Aboriginal person involved in the criminal justice system.

Lunch and all workshop materials will be provided.

Please contact

rhaea.bailey@lss.bc.ca or
604-601-6298 to register for the
workshop.



aboriginal.legalaid.bc.ca



Legal
Services
Society

British Columbia
www.legalaid.bc.ca

FREE Workshop

Gladue Rights and How to Prepare a Gladue Submission



January 15th,

2020 9 am

- 5 pm

Coast Discovery Inn
Quadra Room
975 Shoppers Row
Campbell River, BC

Please complete this registration form and send it back to rhaea.bailey@lss.bc.ca

Name:	
Job title:	
Organization:	
Phone number:	
Email address:	

Lunch and all workshop materials will be provided.

MEALS:

Please let us know if you have any food allergies and/or dietary restrictions (e.g. vegetarian, vegan etc.) and we will do our best to accommodate your needs.

Dietary restrictions: _____

If you have any questions, please contact Rhaea Bailey, Manager, Indigenous Services

by email at: rhaea.bailey@lss.bc.ca or phone: 604-601-6298