



"GWALLA XA HAMATTALLA"

'Helping our people'

K'omoks Health Centre

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

HEALTH OFFICE WILL BE CLOSED MONDAY, SEPT.04, 2017

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 - Wednesday & Thursday

Email: ken.bell@kdchealth.com

Natalie Crawford - Clinical Counsellor - by appointment

Email: natalie.crawford@kdchealth.com

Lisa Marie Gruger – Clinical Counsellor – by appointment

Email: lisamarie.gruger@kdchealth.com

Jordan Campbell – Clinical Counsellor – by appointment – New to KDC

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

Jacey Dick - CHHN - Foot Care - by appointment - 250-339-6591

Carol Frank – Site Admin. Coordinator – Monday - Friday

Email – receptionkom@kdchealth.com

Pamela Mitchell – On Maternity Leave

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

**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

HEALTH CENTRE HAPPENINGS

Please Note – these programs are sponsored jointly
between K'omoks First Nation and KDC Health

CHAIR YOGA

NO CHAIR YOGA AUGUST 15, 2017

BACK TO NORMAL - AUG. 22, 2017

IN THE BAND HALL 11:00am - noon

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CHAIR MASSAGE

IMMEDIATELY FOLLOWING ELDERS LUNCH AT THE
RIVER – PUT YOUR NAME IN THE POT FOR A 15
MINUTE CHAIR MASSAGE AFTER LUNCH

Tuesday, AUG. 15, 2017

1:00 – 3:00 PM

ELDERS LUNCH

ANNUAL AUGUST ELDERS LUNCH AT THE RIVER

TUESDAY, AUGUST 15, 2017

NOON OUT AT THE POINT

- **GREAT COMPANY & CONVERSATIONS**
- **GREAT FOOD & LOADS OF LAUGHTER**
- **A GAME (OR TWO) OF BINGO OR CRIB**

ADDED ATTRACTION

CHAIR MASSAGE WITH NANCY

EIGHT – 15 MINUTE SESSIONS AVAILABLE

PUT YOUR NAME IN THE HAT- TRY YOUR LUCK

8 NAMES WILL BE DRAWN

PLEASE CALL THE HEALTH CENTRE

(250-339-6591)

FOR MORE INFORMATION OR TO ARRANGE A RIDE

Men's Wellness Group

Next Men's Group Lunch

DATE TO BE ANNOUNCED

KDC Health Centre multipurpose room

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.

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Lunch & Learn

Thursday, August 24, 2017

12:00 – 1:00 – Multipurpose Room

Topic: Harm Reduction

Naloxone – training and kits available

CRAFT NIGHTS

No crafting on Aug. 15th & 22nd, 2017

**Crafting will resume at normal time (6-8pm) on August
29th, 2017**

HEALTHY BABIES

DATE: August 25, 2017

TIME: 10:30 to noon

TOPIC: To be decided – Surprise!



JAM MAKING & LIGHT LUNCH

With Kathleen & Tami

August 29, 2017

10:00am – 1:00pm

**Please call (250-339-6591) if you are interested so we
have enough berries and lunch for all**

K'OMOKS YOUTH

AMAZING RACE

AUGUST 31st, 2017 @ 11am

Youth ages 6 – 21 yrs.

Partnership between

KDC Health CHR – Tami Compton

&

KFN Youth Worker – Tiffany Gee

We will need at least 12-20 volunteers, one for each challenge. Youth will need to register by August 25th so we can put teams together.

Last year was a whole lot of fun so call and register today!!

Tami – 250-339-6591

Tiffany – 250-339-4545

The Beach

V	E	V	D	B	S	N	I	H	P	L	O	D	L	E	V	O	H	S	J
F	N	B	V	R	G	V	S	O	U	V	E	N	I	R	S	R	K	E	E
L	I	A	Q	C	E	Y	R	H	C	A	E	B	E	L	T	R	Y	M	L
I	L	T	K	I	A	I	D	E	L	T	S	A	C	D	N	A	S	Z	L
A	E	H	L	W	R	R	P	E	N	I	H	S	N	U	S	X	P	R	Y
P	R	I	A	A	W	E	I	G	D	R	A	O	B	F	R	U	S	L	F
L	O	N	W	T	A	K	V	B	N	D	E	E	W	A	E	S	D	A	I
E	H	G	D	E	L	T	R	I	B	I	F	L	I	P	F	L	O	P	S
W	S	S	R	R	I	S	L	A	R	E	H	V	L	O	O	P	B	T	H
O	S	U	A	S	C	L	F	A	P	Y	A	S	X	A	S	W	C	S	S
T	E	I	O	L	E	D	I	E	N	H	Z	N	I	U	C	I	S	E	E
H	S	T	B	I	C	M	V	F	W	T	S	A	R	F	G	C	E	V	O
C	S	S	Q	D	R	G	L	P	E	K	I	A	L	E	C	S	V	E	T
A	A	B	O	E	E	O	N	N	G	G	C	L	T	S	B	A	F	Y	
E	L	J	J	X	A	G	H	B	D	R	U	G	O	P	A	O	W	I	D
B	G	G	V	R	M	T	A	O	B	L	I	A	S	C	S	F	R	L	N
C	N	F	L	O	G	I	N	I	M	A	T	G	R	X	E	Y	C	T	A
J	U	G	G	A	S	E	A	S	H	E	L	L	Q	D	Q	A	F	V	S
U	S	S	H	E	L	B	Y	A	L	E	X	A	N	D	R	A	N	K	T
O	P	S	U	N	S	C	R	E	E	N	W	U	M	B	R	E	L	L	A

ATLANTIC OCEAN
 BATHING SUITS
 BEACH TOWEL
 BOARDWALK
 CARIBBEAN RESORT
 DOLPHINS
 FISHING PIER
 FLIP FLOPS
 ICE CREAM
 JELLYFISH
 LAZY RIVER
 LIFE VEST

LIFEGUARD
 MINI GOLF
 MYRTLE BEACH
 PAIL
 POOL
 SAILBOAT
 SANDCASTLE
 SANDY TOES
 SEASHELL
 SEAWEED
 SHELBY ALEXANDRA
 SHORELINE

SHOVEL
 SOUVENIRS
 SPLASH PARK
 SUNGLASSES
 SUNSCREEN
 SUNSHINE
 SURFBOARD
 UMBRELLA
 WATER SLIDE
 WAVES

