

# About Us

Located in Líl'wat, the **es zúmin' (ish zoo - meen) Centre** is here to support both First Nations and non - First Nation individuals and families living in the Southern **Stl'atl'imx** sub - region. This includes **Líl'wat, N'Quatqua, Samahquam, Skatin,** and **Xa'xtsa** First Nations Communities.

At the heart of the centre is a commitment to care that goes beyond just physical health. We offer a welcoming space for comprehensive, culturally safe, and trauma - informed care. Our team includes both medical professionals and traditional wellness practitioners who work together to support the whole person - body, mind, and spirit.

By addressing the social and spiritual roots of health, we're helping build a stronger, healthier future for individuals, families, and communities - today and for generations to come.

Please Contact  
**Operations Director**  
Ricky Kumar  
E: [Ricky.kumar@fnha.ca](mailto:Ricky.kumar@fnha.ca)  
If you have any questions

**Planting seeds of healing**

# Contact Us

## **Hours of Operation:**

Monday - Friday  
9:00am - 5:00pm

## **2 interim sites to visit**

### **Southern Stl'atl'imx Health Centre Location**

321 IR # 10 Road  
Mount Currie, B.C. V0N 2K0  
**Tel: (604) 894 - 0209**  
Admin Fax: (604) 894 - 0283  
**Confidential Fax:** (778) 605 - 2945  
(for client referrals and communication)

### **Pq'usnalhew Location**

11092 Black Bear Road  
Mount Currie, B.C. V0N 2K0  
**Tel: (604) 894 - 3318**  
Admin Fax: (604) 894 - 1389  
**Confidential Fax:** (778) 605 - 2945  
(for client referrals and communication)

## **Mailing Address**

es zúmin' Primary Care Centre  
Unit 107 - 11092 Black Bear Road  
Mount Currie, B.C. V0N 2K0  
OR  
es zúmin' Primary Care Centre  
PO BOX 717  
Mount Currie, B.C. V0N 2K0  
**E-Mail Address:**  
[eszumin@fnha.ca](mailto:eszumin@fnha.ca)

**Practicing Humility & Providing  
Culturally Safe, Trauma -  
Informed Primary Health Care**



## **Physical, Mental, Spiritual, and Emotional Care**



# Current Services

Ryley Siscoe

**Registered Nurse - Harm Reduction & Wellness Specialist** - Navigation for detox/treatment, counselling, mental health assessments and crisis intervention *and more +*  
E: Ryley.siscoe@fnha.ca

Catherine Lemoine-Courcelles

**Registered Dietitian** - Chronic disease management, nutrition for elders, eating disorders and more +  
E: Catherine.lemoine-courcelles@fnha.ca

Tashayna Lougheed

**Wellness Navigator** - Advocate for culturally safe, anti - racism, and respectful care across all health and social services and being a voice of support when facing barriers and more +  
E: Tashayna.lougheed@fnha.ca

Emma Pike

**Medical Office Assistant** - Coordinating with CHR'S to book appointments and transportation, providing resources and more +  
E: Emma.pike@fnha.ca

# Coming Soon

- **Family Physician** - Primary care doctor who provides comprehensive and continuing healthcare
- **Physiotherapy** - Mobility and chronic pain
- **Occupational Therapist** - Help with physical, cognitive, emotional, or developmental challenges by creating treatment plans to improve their daily function
- **Nurse Practitioner** - Assess, diagnose, treat, order diagnostic tests, prescribe medications, and manage patient care
- **Registered Primary Nurse** - Sexual Health, Chronic Disease & Diabetes Management, Pain/Palliative Care etc.
- **Social Worker** - Helps individuals, families, and communities address and overcome challenges in their lives
- **Mental Health Clinician & Counsellor** - Provides assessment, diagnosis, and treatment for individuals with mental health conditions
- **Elder/Knowledge Holder** - Shares cultural and traditional approaches to health and wellness
- **Traditional Healer** - Shares cultural and traditional approaches to health and wellness
- **Traditional Food Advisor** - Provides culturally relevant health promotion of traditional food knowledge
- **Driver** - Client, family and mobile clinic transportation for community members and staff



## Our Mission

*es zúmin'stum (we care for a person or people) to provide culturally safe primary care services*

## Our Vision

*Health & wellness services that uphold and embrace cultural and traditional practices*

## Our Goals

- Improve access to primary care services
- Increase the number of community members who identify as having a primary care provider
- Improve patient health outcomes by providing all necessary ambulatory care needs
- Provide culturally safe attachment to First Nations that reside in the area
- Provide a holistic health care approach (physical, mental, spiritual, and emotional)
- Work collaboratively with other health care providers
- Increase access to traditional medicine and wellness practices
- Be respectful and kind