



es zúmin' Primary Care Centre Services Now Offered



es zúmin' Primary Care Centre is open to provide **in-person or virtual** services to the clients.

Contact the Primary Care Centre to book an in-person or virtual appointment, or speak with your healthcare provider to make a referral.

Hours

Monday-Friday, 9am-5pm

Location

Southern Stl'atl'imx Health (SSHS) Centre
321 IR# 10 Road, Mount Currie, B.C.

Phone Number

(604)894-0209 (dial 0 after listening to recording)

Fax Number

(778)605-2945





Services now available–Dietitian, Harm Reduction & Wellness. Additional services will be added & notified over time.

Harm Reduction & Wellness Specialist



Ryley Siscoe

Point of care counselling and supportive listening
 Safety Planning for self-harm and suicidal ideation Coping Skills
 Development Mental Status Exams
 Assessments for: Anxiety, Depression, Bipolar Disorder, Mania Schizophrenia, Adult ADHD, etc.
 Strategies to reduce harm Education on substance misuse and Treatment Options for: Meth, Cocaine, Alcohol, Opiates, etc.
 Collaboration with virtual doctor, diagnosis and treatment plans
 Referral to Treatment Centers
 Narcan Training, Fentanyl Testing
 Safer Substance Use Kits

Community Dietitian



Cathérine Lemoine-Courcelles

Chronic disease management (diabetes, heart health, kidney disease, inflammation, IBD/IBS, PCOS, digestive issues, etc.) Food allergies and celiac disease Infant and child nutrition (growth, picky eating, breastfeeding, etc.) Eating disorders Nutrition for elders (weight maintenance, bone health) Sport-specific nutrition Home visits, as needed
 Navigating applications for social supports in nutrition (BC Monthly Nutritional Supplements Form, food bank)

Wellness Navigator



Tashayna Loughheed

Advocate for cultural safety, anti-racism, and respectful care across all health and social services.
 A voice of support to encounter barriers.
 Connection to available services: hospitals, clinics, housing, mental wellness, addiction services, cultural support.
 Work side-by-side to develop personal Health and Wellness Plans and access services that honor their mind, body, spirit, and heart.
 A wrap-around support to feel confident making decisions about health and wellness.