

N'Quatqua Health Station 2026



Community Health Representative

Email: Nicole.patrick@nquatqua.ca, ext. 107

Office Closed

Monday– May 11th (in lieu of Declaration Day)

Monday– May 18th (Victoria Day)

Milk Program: Wednesday's– May 13th, 27th & June 10th

Food Coupon Program

Ready for pick up on **Wednesday– May 13th**



Squamish Shopping Trip: Thursday– May 28th, please sign up with the N'Quatqua Health Station Reception by: Wed– May 27th- 4pm.

Outreach Clinic with Nurse Practitioner

NP Erica Tuesday's– May 5th, 19th & June 2nd

Please call the Pemberton Health Centre to make an appointment. (604) 894-6454



Chiropractor– Mike Jess

In the office every **Wednesday's** from 9:30am-10:45am, please book your appointment with N'Quatqua Health Station Reception.

Registered Physiotherapist– Lindsay Skillicorn

In community on **Mondays– May 25th** 9am-1pm, Please call Health Station to Book appointment time.

Massage with Cara Jenner: Thursday– May 14th & 28th please sign up at the Health Station if you would like a treatment. With limited treatments available, there will be a wait list for second treatments. (if available)



Foot Care Clinic: Thursday- May 14th, N'Quatqua Health Station, call CHR to book appt. time (604) 452-3290 ext.107

Outreach Clinic In N'Quatqua– Es zumin' Primary Care Centre



May 12th & 26th 1pm-4pm at the N'Quatqua Health Station. Every other Tuesday.

Ph: (604) 894-0209 to make appt. or Drop in at the N'Quatqua Health Station. Appointments booked in advance are given priority over walk-ins. **Blood work (with requisition) will only be collected from 1pm to 2pm.**

Hearing Clinic: May 13th, N'Quatqua Health Station, hearing test (screening), Hearing aid cleaning , Audiologist with Dr. Ramia Narayanan. Sign up with CHR to make appointment time.



Friendly Reminder to Social Assistance Clients

Renewals & Utility bills Due:

Monday– May 19th, 2026

(Renewal slips & Job search can be found at the Health Station Door #1)

Direct Deposit/Cheque Day:

Wednesday– May 27th, 2026

If you have any questions, comments or concerns please give me a call or email.

Elders Coordinator

Sharleen Patrick

N'Quatqua Health Station

Monday-Thursday 9:00am-4:30pm

Phone: (604) 452-3290 ext. 108

Fax: (604) 452-3280

sharleen.patrick@nquatqua.ca



Fitness & Wellness Programs

www.lemoncree.com

COMMUNITY FOOD BANK

May 5th

**N'QUATQUA HEALTH STATION BOARDROOM
OPEN DURING OFFICE HOURS:
(Mon-Fri: 9am-4:30pm)**

Friendly Reminder

- ❖ If you are picking up for another household, we need a physical note or phone call from that household.
- ❖ Bring your own shopping bag/box.
- ❖ One item- with exception of selected fruit, vegetables & snacks per household.
- ❖ please only take what you need, be mindful of others.
- ❖ While supplies last/limited supplies available.



May 5th is:

Red Dress Day



The National Day of Awareness for Missing and Murdered Indigenous Women and Girls and Two-Spirit People.



**May Bounce Fitness with
Theresa Ducharme**

May Zoom Sessions

May 5th, 7th, 14th, 26th & 28th

In Person Boot Camp

May 18th to 22nd

(1 week- Monday to Friday)

Few spots available if you would like to join contact

CHR- Nicole Patrick (604-452-3290)

N'Quatqua Health Station.

Ti xzuma tsitew Gym

(Big House)

6:30pm start



Tuesday– May 12th
5pm-7pm
N'Quatqua Big House



es zúmin' invites you to our
OPEN HOUSE!

Everyone is welcome!



Community Meal & Connection

*Share a traditional meal, enjoy a good conversation,
and connect with the es zúmin' team*



PLUS: Door prize giveaways!

Don't miss your chance to win great door prizes!



DATES & LOCATIONS



~~Thurs, April 30~~



QaLaTKu7eM Band Office

POSTPONED NEW DATE TBD



Tue, May 5



Xa'xtsa Multiplex



4–6:30pm



Thurs, May 7



Skatin School Gym



5–7 pm



Tue, May 12



N'Quatqua Big House



5–7 pm



Wed, May 20



Lil'wat XCS Cafeteria



5–7 pm



604-894-0209



eszumin@fnha.ca

May 12th & 26th

Time Changed to 1pm-4pm

Blood work (with requisition) will only be collected from 1pm to 2pm



**es zumin Primary Care
Outreach in N'Quatqua**

Every Other Tuesday at the Health Station

1pm-4pm

Services Available:

Nursing Care	Pregnancy Testing/Plan B
Bloodwork (with requisition)	Dietitian Support
Wound Care	Chronic Disease Management
Wellness Checks	Blood Pressure + Sugar Testing
STI Testing/Education	Diabetes Education & Support
Harm Reduction Education + Supplies	Mental Health Screening
Sexual Health Education	Substance Use Support
Health System Navigation	Prenatal Education+Support

Walk-ins welcome.



May 2026

N'Quatqua Health Station

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
3	4	5	6	7	8	9
		Nurse Erica In Food Bank Ready 6:30 start Lemon Cree- Big House	9-11:30 Chiropractor	6:30 start Lemon Cree- Big House		
10	11	12	13	14 ☞	15	16
	OFFICE CLOSED- In Leui of Declaration Day	1-4pm Es zumin' Outreach Clinic 5-7 Es zumin' PCC Open House Dinner- Big House	Milk Program/Coupons 9-11:30 Chiropractor Hearing Clinic	9am-4:30pm Foot Clinic 11-3 Massage w/ Cara 6:30 start Lemon Cree- Big House		
17	18	19	20	21	22	23
	OFFICE CLOSED-Victoria Day 6:30 start Lemon Cree- Big House	S/A Renewal Slips Due Nurse Erica In 6:30 start Lemon Cree- Big House	9-11:30 Chiropractor 6:30 start Lemon Cree- Big House	6:30 start Lemon Cree- Big House	6:30 start Lemon Cree- Big House	
24	25	26	27	28 ☞	29	30
	9-1 Physio	1-4pm Es zumin' Outreach Clinic 6:30 start Lemon Cree- Big House	Sunday 9-11:30 Chiropractor Milk Program	11-3 Massage w/ Cara 6:30 start Lemon Cree- Big House 8am Squamish Trip		
31	1	Notes				

Going outdoors? Watch for ticks!



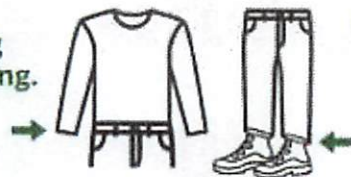
Ticks can grab onto you from the grass, bushes and forests of BC. While most tick bites don't cause diseases, some can make you very sick. Prevent tick bites and remove them quickly to avoid diseases, like Lyme disease.

2014-2015-2016

Before going outdoors

- 1 Wear light coloured, long sleeved clothing.

Tuck in your shirt and pants.



- 2 Use bug spray

with DEET or Icaridin on your clothes and uncovered skin.



After going outdoors

- 3 Do a full body check for ticks on:

- yourself
- kids
- pets
- outdoor gear



If you find a tick on your skin

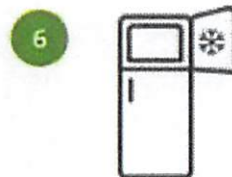


Use tweezers to grab the head of the tick and remove it.

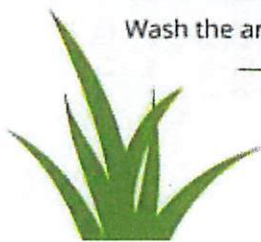
Wash the area with soap.



Take a photo of the tick and submit to eTick.ca



Store the tick in a container in the freezer for 30 days.



Watch for symptoms like a rash or fever. Talk to a health care provider if you feel unwell within 30 days.

For more information, visit the BCCDC Lyme Disease website.

Emergency Preparedness Week

May 3 to 9, 2026

Before, during and after an emergency - we are In It Together!



Get prepared and learn more about making community connections, so you can respond to and recover from emergencies better.



Emergency Preparedness Week

Word Search

Theme: In It Together

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

Community

Emergency

Plan

Connect

Communicate

Hazard

Support

Neighbours

Supplies

Preparedness

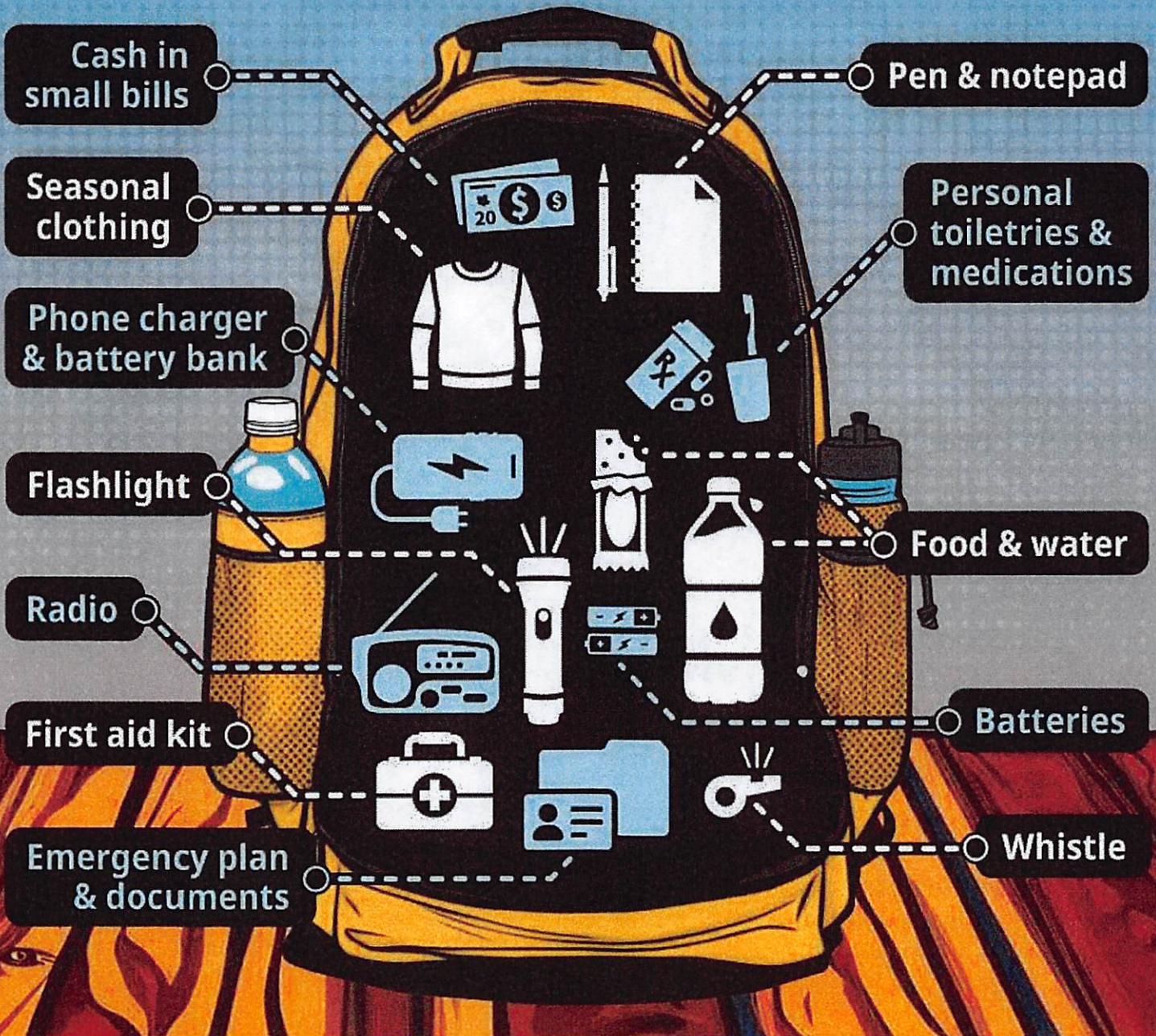


PreparedBC



Learn more at
www.PreparedBC.ca

Build Your Grab-and-go Bags



Build Your Home Emergency Kit

Warmth and safety:

Seasonal clothes, emergency blanket, whistle, dust masks, help/ok sign

Basic survival:

Water, non-perishable food, manual can opener

Electronics:

Phone charger, battery bank, radio, flashlight, batteries

Health and sanitation:

First-aid kit, medications, personal items, toiletries, garbage bags, towelettes

Peace of mind:

Emergency plan, insurance, ID, important documents, cash