

NLAKA’PAMUX NATION HEALTH SERVICES DIRECTORY

Health & Support Services Resource List – Nlaka’pamux Territory (Ashcroft, Oregon Jack, Coldwater, Lower Nicola, Nooaitch, Shackan, Cook’s Ferry, Nicomen, Lytton, Skuppah, Siska, Kanaka Bar)

This list will continue to be updated as new or changes in resources become available and will be posted on our website once online. If anyone would like an agency or program added or if you see something that needs to be changed, please contact Bernadette Collins 250-315-5227 or email Collins.b@nlxfn.com Thanks!

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NLAKA'PAMUX NATION HEALTH SERVICES DIRECTORY

Crisis & Support Lines

Organization	Name/Position:	Contact #	Email / Website / Additional Info
1-800-SUICIDE	24 hour Crisis Intervention & Suicide Prevention	1-800-784-2433 1800SUICIDE	
Vancouver Crisis Line		1-866-661-3311	
Alcohol & Drug options for treatment	Information and Referral Line	1-800-663-1441	BC211 for directory of resources
BC Bereavement Helpline		1-877-779-2223	
BC Nurses Line	24/7 Support Health questions	811	
Centre for Suicide Prevention	Visit www.suicideinfo.ca for information, research and links to national distress websites.		www.suicideinfo.ca
Crisis Lines BC	The 1800SUICIDE and Mental Health Support networks operate on a common approach and make decisions that support a commitment to: Better Practices Empowerment Inclusivity Collaboration & Cooperation among members and Community Stakeholders Respect Accountability		www.crisislines.bc.ca
Emergency Management BC	Kamloops	1-800-663-3456 250-371-5240	EMBC Emergency Info BC Emergency Preparedness
Emergency Support Services		250-952-5848	Emergency Support Services
First Nations Emergency Services Society	FNESS – Emergency Response Officer	1-888-388-4431 250-378-7296 cell	https://www.fness.bc.ca/
Helping Hands Transition House (aka Han Knakst Tsitxw)	Lytton	1-800-318-4455 250-455-2284	Han Knakst Tsitxw Transition House
Hope for Wellness Helpline	24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada	Toll Free 1-855-242-3310	Chat line: https://chat.fn-i-hopeforwellness.ca/
Honouring Life Network	Your Source for Aboriginal Youth Suicide Prevention Resources		www.honouringlife.ca (info only)

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Indian Residential School Services Society	Crisis Support Emotional, Spiritual, Mental and Physical Support. Immediate Crisis Support, Cultural Support for Formers Students of Residential School, Intergenerational, MMIWG, Indian Day School	1-604-985-4465 1-800-721-0066 http://www.irsss.ca	http://irsss.ca/contact-us/staff-bios/
Interior Crisis Hotline	24/7	1-888-353-2273	
Journeys Into Tomorrow Transition House	Merritt – Women and Children	250-378-6170	
Kamloops Sexual Assault Counselling Centre	24/7 Hotline	1-888-974-7278 hotline 250-372-0179	ksacc@ksacc.ca
Kuu-us	Crisis Support 24/7 – for Adults and Youth	Toll free 1-800-588-8717 (1-800-KUU-US17) Adult direct line 250-723-4050 Youth direct Line 250-723-2040	www.kuu-uscrisisline.com
Kids Help Phone Line	BC Region – also across Canada	1-800-668-6868	http://org.kidshelpphone.ca/about-us/regional-information/british-columbia/
310Mental Health Support	24/7 for emotional support, information and resources specific to mental health.	310-6789	www.heretohelp.bc.ca/
Native Youth Crisis Hotline	24/7 throughout Canada and US	1-877-209-1266	
NV Advocacy Centre		250-378-9632	
Poison Control Centre		1-800-567-8911	
RCMP	Merritt RCMP	250-378-4262	
	Merritt Indigenous Policing Services – Rick Aird	Call front desk	Richard.s.aird@rcmp-grc.gc.ca
	Merritt Community Policing – M-F	250-378-3955	cpo@merritt.ca
	Merritt Victim Services – Kristyna Versteeg	250-378-5699	krystyna.versteeg@rcmp-grc.gc.ca
	Lytton RCMP Victim Services provided out of Ashcroft	250-455-2225	ATM - Transferred to Lillooet
	Ashcroft RCMP	250-453-2216	
	Ashcroft Victim Services – Terri Ledoux (contracted by Elizabeth Fry Society) M-W 8:00am – 4:00pm (cover Lytton/Logan Lake)	250-453-2536 Cell: 250-457-1781	Theresa.ledoux@rcmp-grc.gc.ca

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Saa-usts Centre	MMIWG Families in DTES Anyone seeking assistance for those missing in the DTES.	250-684-1178	reception@irsss.ca please put RE: SAA-UST in subject line
Trans Lifeline		1-877-330-6366	www.translifeline.org
VictimLink BC	Information and Referral to a variety of services	1-800-563-0808	

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Mental Health and Wellness Counsellors/Service Providers

Organization	Name/Position:	Contact #	Email / Website / Additional Info
1 st Step Mobile Treatment Program	Jennifer Saklofsky - Program Coordinator in Residential and 1 st Step Mobile Treatment Programs	250-851-2947 ext. 219 Cell 250-320-9630	Jennifer.Saklofsky@axis.bc.ca www.axis.bc.ca
	Kennedy Armstrong - 1 st Step Youth Addictions Counsellor (Merritt, Logan Lake, Lytton, Lillooet, Ashcroft, Cache Creek and points in between as necessary) – ages 13-24 Chloe Zerr – 1 st Program youth outreach worker	Cell 250-936-8566	Kennedy.Armstrong@axis.bc.ca Chloe.Zerr@axis.bc.ca
ASK Wellness Society	Jody Loewen – Health Navigator	250-315-7211 250-315-0098	j.loewen@askwellness.ca
	Angela Papou – AASH Program Coordinator	250-315-9540 250-315-0098	a.papou@askwellness.ca
Canadian Mental Health Association	Amy Baskin Amanda Carnovale	250-315-0248	Amy.baskin@cmha.bc.ca Amanda.carnovale@cmha.bc.ca
Child and Youth Mental Health	Susan Peterson – CYMH Clinician Self-referral, drop in Thurs 1-4pm	250-378-1476	Susan.I.peterson@gov.bc.ca
Conayt Friendship Society	Richard Jackson – Addictions Counsellor	250-378-5107	ads@conayt.com
First Nation Health Authority – Interior Region (FNHA)	Interior Region Line		
	Duanna Johnston-Virgo – Mental Health and Wellness Regional Manager	250-828-8306 Cell: 250-319-9657	Duanna.johnston-virgo@fnha.ca
	Emma Twidale – Crisis Coordinator	778-940-1143 Cell: 778-583-0203	Emma.twidale@fnha.ca
	Debra Robbins – Addictions Specialist	778-694-4548	Debra.robbs@fnha.ca
	Londea Riffel – Regional Mental Health and Wellness Liaison	250-374-3220	Londea.riffel@fnha.ca
Fraser Thompson Indian Services Society - FTISS	Lee Anne Hunsbedt - Mental Health Worker	250-455-2772	maisy@telus.net
Interior Community Services	Laurel Scott – In Office Counselling - individual & family counselling (Ashcroft-Cache Creek-Clinton) Currently offering virtual/telephone sessions but hope to resume face-to-face soon. Once I resume in-person work, I will again be working from Ashcroft area two days/week. I do travel to meet people in the smaller communities when necessary.	Direct line: 778-470-8101 Main office: 250-376-3660 Fax: 250-376-3040	lscott@interiorcommunityservices.bc.ca www.interiorcommunityservices.bc.ca

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Interior Health Ashcroft Mental Health	Tracey Berkopec RPN Orlena McColl RPN (F/T 2 year wildfire relief position vacant as of March 2020)	250-453-1940 250-453-1934 250-453-1935 Toll free 1-877-499-6599	
Interior Health Lytton Mental Health	Allanah Kalyniuk - MH nurse - Lytton Every Wednesday 9:30am-3:30pm	250-455-2221 250-256-1343	Allanah.kalyniuk@interiorhealth.ca
Interior Health Merritt Mental Health AASH/DARP	Audrey Ward – MHSU Clinician MSW Terri Greene – nursing support Roy Mella MC – MHSU Clinician Maria Walther (DARP) – MHSU Clinician MSW Jason Johnston – MHSU Life Skills worker - M-F 8:30-4:30pm excluding stat holidays	250-378-3401	
Lower Nicola Health	Christine Upfold - Addiction Specialist level II	250-378-4089	christine.upfold@lnib.net
	Tony Broman - Mental Health Worker	250-378-4089	Tony.broman@lnib.net
	Tammy Armstrong - Mental Health Worker	250-378-4089	Tammy.armstrong@lnib.net
Lytton area	Yolonda Hall, MSW, RCSW – Counsellor <ul style="list-style-type: none"> • Providing in person counselling in Lytton and Lillooet offices. • Providing Tele Health for the Nation communities. • Trauma support, IRS counselling support, personal counselling. 	1-866-414-2300	yjhall@telus.net
TI'kemtsin Health Centre (Lytton Health)	Harvey Dunstan – Alcohol and Drug Counsellor	250-455-2115 Cell: 250-256-8962	h.dunstan@lfn.band
Nicola Family Therapy	Sheri Bishop, MSW, RSW – Executive Director/Family Therapist Karen Strugnell, BSW- Family Therapist Deborah Willms, BA – Child and Youth Counsellor <ul style="list-style-type: none"> • Providing individual, relationship and family counselling in Merritt and surrounding area. • Offers in person counselling, telephone or video counselling Two of our main contracts are the Stopping the Violence (STV) Program for Women and Prevention, Education, Advocacy, Counselling and	250-378-9222	sheri.bishop@nicolafamilytherapy.ca karen.strugnell@nicolafamilytherapy.ca deborah.willms@nicolafamilytherapy.ca nicolafamilytherapy.ca

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	Empowerment (PEACE) Program for children and youth.		
Nlaka'pamux Child and Family Services (NCFSS)	Ashley Rosman – Aboriginal CYMH Clinician	250-455-2118	ashlety@n7xservices.com
	Jamen Zacharias – Wellness & Addictions Counselor (Adult)	250-455-2118	jamen@n7xservices.com
	Sharon Collins - Abor. Adult MH Dev. Clinician	250-455-2118	sharon@n7xservices.com
Nlaka'pamux Health Services Society (NHSS)	Cheryl Billy - Adult Mental Health Counsellor	250-378-9772 ext. 111 Cell: 778-254-0055	Billy.c@nlxfn.com
	Wanda Dexel - Adult Mental Health Counsellor	250-378-9772 ext. 109 Cell 250-378-7596	Dexel.w@nlxfn.com
	Vacant - Adult Mental Health Counsellor		
	Stacey Hebner - Child and Youth Mental Health Manager/Counsellor	250-378-9772 ext. 106 Cell 250-378-7986	Hebner.s@nlxfn.com
	Melissa Dexel - Child and Youth Mental Health Counsellor	250-378-9772 ext. 107	Dexel.m@nlxfn.com
	Trish Rainville - Child and Youth Mental Health Counsellor	250-378-9772 ext. 112	Rainville.t@nlxfn.com
	Diane Lepine-Thomas - Wellness Programs Manager / Facilitator	250-378-9772 ext. 105 Cell 250-315-7345	and@nlxfn.com
	Shayla George - Wellness Programs Facilitator	250-378-9772 ext. 104	George.s@nlxfn.com
Mental Health Information Line	24/7/365 empowering emotional support, information on appropriate referral options and a wide range of support relating to mental health concerns	310-6789 (no area code needed)	www.heretohelp.bc.ca
Merritt Mental Health	Bonnie Cowan	250-378-3401	
Merritt Counselling	Services Merritt area (off reserve) By appointment- Ben Myrick	(250) 378-5152 toll free: (855) 443-5123	benmyrick@hughes.net
Phoenix Centre	Jim Laidlaw - Adolescent Addictions Outreach Worker Osprey Place offers day programming for adjudicated youth (referrals via Ministry for Children & Family Development) and Adolescent Outreach provides support & counselling to youth in schools and community. Operates 24/7 providing a medically safe program for clients to detox from alcohol and other drugs.	Merritt cell 250-315-8414 Merritt Office 250-378-1407 Kamloops 250-374-4634 1-877-318-1177	Jim.laidlaw@phoenixcentre.org http://www.phoenixcentre.org/about
	Jamie Muchwitsch - Therapeutic Youth Navigator	250-378-2771	Jamie.muchwitsch@scwexmx.com

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Scw'exmx Child and Family Services Society	Monty Joseph - Child & Youth Care	250-378-2771	Monty.joseph@scwexmx.com
	Amy McKibbon - Aboriginal CYMH Clinician	250-378-2771	Amy.mckibbon@scwexmx.com
	Joan Fletcher - Aboriginal CYMH Clinician	250-378-2771	Joan.fletcher@scwexmx.com
Scw'exmx Community Health Services Society	May George - Manager, Zuʔmintéx™ Wellness Team	250-378-9745 ext. 119	george.m@schss.com
	Vacant - Programs Assistant, Zuʔmintéx™ Wellness Team	250-378-9745	
	Christine Provost – Wellness Counsellor	250-378-9745	provost.c@schss.com
	Florence Lamirande – Wellness Counsellor	250-378-9745	lamirande.f@schss.com
Victim Services – Merritt	20/hrs week – waiting for update 1-800-563-0808 Victim Link	250-378-5699	

Harm Reduction Supplies

Ask Wellness	Harm reduction supplies Safe Disposal Naloxone Training		
Heskw'en'scutxe Health Services Society	Supplies condoms Safe Disposal – Sharps container & Needles Harm Reduction Supplies coming soon (inhalation, injection kits) Naloxone Training: Siska and by appointment in Cook's Ferry	250-455-6601	Corynn.reveley@hhssbc.ca
Lower Nicola	Supplies condoms Safe Disposal – Sharps container office of Lower Nicola Band School		
Tl'kemsin Lytton Health	Harm Reduction Supplies Safe Needle Disposal Naloxone Training		
First Nations Health Authority – Lytton Health Centre	Provide Naloxone Training Safe substance use kits Condom supplies Safe Disposal	250 – 455 - 2715	

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Scw'exmx Community Health Services	Condom supplies Naloxone Training		
OAT Program			
Dr.Terry Miller Dr.Shivkumar Ashley Wakling, MOA	Lillooet Wednesday 9:00-3:00 Ashcroft Thursday 9:00-3:00	250-256-1345	
Dr. Drew Soderberg Terri Greene, MH nurse	Merritt Friday mornings at NVHHC	250-378-3401	

NLAKA'PAMUX NATION HEALTH SERVICES DIRECTORY

Physicians / Practitioners			
Organization	Name/Position:	Contact #	Email / Website / Additional Info
Ashcroft	Ashcroft Medical Clinic <ul style="list-style-type: none"> • Dr. Yomi Adetola • Dr. Bukky Adeosun 700 Ash-Cache Creek Hwy PO Box 729 Ashcroft	250-453-9353	
Lytton	Lytton Medical Clinic <ul style="list-style-type: none"> • Dr. Charles Hoffe • Dr. DeKlerk • Dr. Jones PO Box 39, Lytton	250-455-2202	
Merritt	Nicola Valley Medical Centre <ul style="list-style-type: none"> • Dr. Donald McLeod • Dr. Duncan Ross • Dr. William Edmonds – Locum 2087 Granite Ave, PO Box 279 Merritt	250-378-5115	
	Mountain Medical Clinic <ul style="list-style-type: none"> • Dr. Paul Simon 108-1700 Garcia St., PO Box 820 Merritt	250-315-1455	
	The Medical Clinic <ul style="list-style-type: none"> • Dr. Drew Soderberg • Dr. Morgan Lyttle • Dr. Patrick Goetz • Dr. Phillip Simpson 2035 Charters St, PO Box 998 Merritt	250-378-6222	
Nurse Practitioner, Lytton	Vacant, St. Bart's		
Nurse Practitioner, Merritt	Vacant, Conayt Friendship Society Jocelyn Rhode, NP, locum 2 days/week, Conayt (Monday/Tuesday) Receptionist – Lori Anderson	250-378-5107	conaytmoa@conayt.com

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Health Supports

Organization	Name/Position:	Contact #	Email / Website / Additional Info
Aboriginal Patient Navigator Royal Inland Hospital - Kamloops	Cassie Michell (Bader) – Indigenous Patient Navigator – PHSA Starting end of April		Cassie.michell-bader@interiorhealth.ca
	Debra Donald - Aboriginal Patient Navigator	Ph: 250-314-2100 Ext.3109 Fax: 250-314-2333 Cell: 250-319-5420	Debra.donald@interiorhealth.ca
	Wendy Chernivchan, Aboriginal Patient Navigator	Ph: 250-314-2100 Ext.3109 Cell: 250-319-0697 Fax: 250-314-2145	Wendy.Chernivchan@interiorhealth.ca
	Patricia Zerr, Casual, Aboriginal Patient Navigator	Ph: 250-314-2100 Ext.3109 Cell: 250-319-0697 Fax: 250-314-2145	Patricia.Zerr@interiorhealth.ca
Aboriginal Patient Navigator Kelowna General Hospital	Nicole Big Sorrel Horse - Aboriginal Patient Navigator	Cell: 250-801-0466 Fax: 250-980-1398	nicole.bigsorrelhorse@interiorhealth.ca
	Gloria Big Sorrel Horse - Aboriginal Patient Navigator	Fax: 250-980-1398 Cell: 250-801-0466	gloria.bigsorrelhorse@interiorhealth.ca
Ashcroft Health			
Better At Home	Nancy Kendall – Program Coordinator		ashcroftcachecreekbetterathome@gmail.com
BC Emergency Health Services BCEHS – Managers	Al McIlhargey – Fraser Manager	604-793-5172	Allen.mcllhargey@bcehs.ca
BC Emergency Health Services BCEHS – Community Paramedic	Phil Schuberg – Ashcroft Community Paramedic		Cp.ashcroft@bcehs.ca
	Jodie Marshall – Lytton Community Paramedic	778-254-0519	Jodie.marshall@bcehs.ca
	Mae Webster – Merritt Community Paramedic	250-280-1761	Mae.webster@bcehs.ca CP.Merritt@bcehs.ca
First Nations Health Authority – Environmental Health Officers	Casey Neathway – Regional Manager	Ph: 250-851-4831 Cell: 778-875-3486	Casey.Neathway@fnha.ca
	Toby Xie – Environmental Health Officer (Coldwater, Cook's Ferry, Lower Nicola, Nooaitch, Shackan)		Toby.Xie@fnha.ca
	Dan Ferguson – Environmental Health Officer	Ph: 778-362-8184	Dan.Ferguson@fnha.ca

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	(Ashcroft, Oregon Jack Creek, Nicomen, Lytton, Skuppah, Siska, Kanaka Bar)	Cell : 250-320-9480	
First Nation Health Authority – Interior Region	Carol Machell – Nurse Practice Consultant	Cell: 250-256-3103	Carol.machell@fnha.ca
	Shawna Whitney – Nurse Practice Consultant	778-940-1151 ext.61151	Shawna.whitney@fnha.ca
	Natasha Hatendi – Nurse Practice Consultant	Cell:250-256-1584	Natasha.hatendi@fnha.ca
First Nation Health Authority – Lytton Health Centre PO Box 66, 1535 St. Georges Rd. Lytton, BC V0K 1Z0 Fax: (250) 455 - 2138	Laura Moore – Acting Nurse Manager	778-254-1139	Laura.moore@fnha.ca
	Michelle Speer – Nurse in Charge/RN	Cell: 778-887-9510	Michelle.Speer@fnha.ca
	Jeanette Duncan – Nursing Program Assistant	250-455-2715	Jeanette.Duncan@fnha.ca
	Telleighla Gies – Community Health Nurse Ashley Pietla – Community Health Nurse	250-455-2715	Telleighla.Gies@fnha.ca Ashley.Pietla@fnha.ca
Heskw'en'scutxe Health Services	Scarleth Zwez-Ruiz – RN	250-458-2212	chn@hssbc.ca
	Lisa Colwell, LPN	250-458-2212	Lisa.colwell@hssbc.ca
Interior Community Services	Kurtis Minay – Family Support Worker		
Interior Health – Director/Site Managers	Ian Wood - Director, Clinical Operations Community & Primary Care - Thompson Region	250-851-7379 Cell: 250-318-2511	ian.wood@interiorhealth.ca
	Angela Migliari De Carvalho - Manager Clinical Operations Ashcroft Health Centre (Clinton, Logan Lake)	250-453-2211 Office: 250-453-1901 Cell: 778-207-8934 Toll-free 1-877-499-6599	Angela.MigliariDeCarvalho@interiorhealth.ca Emergency Services: 6 pm Fridays until 8 am on Mondays Regular Hours: 8:30 am to 4:30 pm Monday to Friday
	Jennifer Brouwer - Manager Clinical Operations (Nicola Valley Hospital & Health Centre and Gillis House) Jenn is leaving this role in April 2021 for RIH	250-378-2242 Cell: 250-253-2796	Jennifer.brouwer@interiorhealth.ca Emergency Services: 24 hour Emergency Hours are 8:30 am to 12 noon and 1 pm to 4:30 pm Monday to Friday.
	Heidi Schilling – Manager Clinical Operations, St. Bartholomew Hospital/Lytton Health Centre/Lillooet Hospital Lillooet Hospital and Health Centre and St. Bartholomew Health Centre (Lytton)	250-455-2221 Cell: 250-319-0143	Heidi.schilling@interiorhealth.ca Emergency Services: 7 days a week, 9am to 9pm Office Hours Monday to Friday, 9:00am – 5:00pm
Interior Health – Public Health Nurses	Leanne Calvin - Ashcroft	250-851-7395 C 250-320-0185	Leanne.calvin@interiorhealth.ca
	Leanne Calvin - Lytton	250-851-7395 C 250-320-0185	Leanne.calvin@interiorhealth.ca
	Leanne Calvin - Merritt	250-851-7395 C 250-320-0185	Leanne.calvin@interiorhealth.ca

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Health Links BC	<ul style="list-style-type: none"> • registered nurse any time, every day of the year; • registered dietitian from 9am to 5pm PST, Monday to Friday; • qualified exercise professional from 9am to 5pm PST, Monday to Friday; • pharmacist from 5pm to 9am PST, every day of the year. 	8-1-1	
Lower Nicola Health Centre	Rainbow Acoby, RN - Community/Public Health	(236) 575-2099	rainbow.acoby@lnib.net
	Irene Howe, RN - Home Health - LNIB	(250) 378-7340	Irene.howe@lnib.net
Tl'kemsin Health Centre (Lytton Health)		250-455-2115	
Merritt Hospice	Programs - Living with Loss Support, Palliative Care Support, Community Education – Grieving and Palliative Care, Advance Care Planning	Office cell: 250-280-1701 Office: 250-280-4040	www.merrithospice.org merrithospice@shaw.ca
Nicola Valley Infant Development	Janet Verbeeck	250-280-8581 250-378-5331	nicolavalleyidp@gmail.com
Nlaka'pamux Health Services Society	Terri Stockwell – Home & Community Care, Registered Nurse	250-378-9772 ext.103 Cell 250-315-7120	Stockwell.t@nlxfn.com
	Samantha Tom – Health Care Assistant	250-378-9772 ext.103	Tom.s@nlxfn.com
	Sharon Williams – Health Care Assistant	250-378-9772 ext.103	Williams.s@nlxfn.com
	Shella Broman – Home Community Care LPN	250-378-9772	Broman.s@nlxfn.com
Patient Care Quality Office		1-888-875-3256	pcqu@phsa.ca
Scw'exmx Community Health	Rena Jones – Home Care Nurse, RN	250-378-9745 ext. 210	hcn@schss.com
	Marina Kennedy – Community Health Nurse, RN	250-378-9745 ext. 217	chn@schss.com
	Melissa Krause – Home & Community Care Nurse, Foot Care Nurse, LPN	250-378-9745 ext. 214	Krause.m@schss.com
	Crystal Lindley – Home & Community Care Nurse, LPN	250-378-9745 ext. 215	Lindley.c@schss.com
	Dawn Sugiyami – Personal Care Aide	250-378-9745 ext. 216	Sugiyami.d@schss.com
	Bonita Eagles – Community Health Representative, Diabetes Prevention Worker	250-378-9745 ext. 204	Eagles.b@schss.com
	Carly Obenaur, Early Childhood Educator	250-378-9745 ext. 205	ece@schss.com
Stoyoma Dental	Trish Alexandruk – Manager	250-378-5877	Alexandruk.t@schss.com

NLAKA'PAMUX NATION HEALTH SERVICES DIRECTORY

Youth/Elder/Family Wellness Supports

Organization	Name/Position:	Contact #	Email / Website / Additional Info
Conayt Friendship Society	Rhonda Munro – Family Development Coordinator	250-378-5107	mfc@conayt.com
	Adrienne Johnny - Prenatal Coordinator	250-378-5107	psw@conayt.com
Citxw Nlaka'pamux Assembly	- Programs Manager	250-378-1864	
	- Cultural Programs Coordinator	250-378-1864	
	Kelli Lacerte - Nlaka'pamux Coordinator	250-378-1864	klacerte@cna-trust.ca
	William Sandy – Program Manager	250-378-1864	wsandy@cna-trust.ca
Elizabeth Fry Society – South Cariboo – Ashcroft	Service: Ashcroft, Oregon Jack, Spence's Bridge		https://www.scefry.ca/
	Ken Tassel – Lega Services		ken@scefry.ca
	Trish Schachtel – PEACE (Prevention, Education, Advocacy, Counselling and Empowerment) Program for Children and Youth aged 3-18 who have witnessed/experienced abuse		trish@scefry.ca
	Sherry Anderson – Family Support Worker		sherry@scefry.ca
	Teri Ledoux – Ashcroft Police Based Victim Services		Teri.ledoux@rcmp-grc.gc.ca
	Chris Williams – School Based Health Prevention Worker		chris@scefry.ca
	Ana Sculschi – Ashcroft and Area Food Bank		ana@scefry.ca
	Chris Williams – or Sherry Anderson – Parenting Programs		chris@scefry.ca sherry@scefry.ca
Indian Residential School Survivors Society	Cindy Tom-Lindley - Resolution Support Worker	1-800-721-0066	reception@irsss.ca
Indian Residential School Survivors Society	Angela White - Cultural Supports	604-916-2871 Toll-free 1-866-925-4419	angelawhite@irsss.ca
Tl'kemsin Health Centre (Lytton Health)	Monica Munroe – Elders Worker	Cell: 250-256-8157	m.muroe@lfn.band
	Regina Pierre – Youth & Family Support Worker	Cell: 250-256-8173	Regina.pierre@lfnhealth.com
Make Children First	Deanna Horsting – Ashcroft Coordinator		
Ministry of Children and Family Development – Merritt, Lytton, Ashcroft	Child protection & investigation; respite care, foster care - Amanda Dell Team Lead adoption & youth mental health	250 378 1476	Amanda.dell@gov.bc.ca

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	Denise Sheridan – Director of Gold Trail	250 256 2953	Denise.sheridan@gov.bc.ca
	Mark Moody – Merritt, Ashcroft, Lillooet – TL for CYMH	250-378-1476	mark.moody@gov.bc.ca
	CYMH Clinician – Lillooet	250 256 2710	
	Adoptions - Merritt	250 378 1476	
	Child and Youth Special Needs - Merritt	250 378 1476	
	Child Protection – Sherri Ouellette Team Lead Ashcroft	250 453 2109	Sherri.ouellette@gov.bc.ca
Nicola Valley Food Bank		250-378-2282	
Nlaka'pamux Health Services Society (NHSS)	Lepika Saddleman - Wellness Coordinator	250-378-9772 ext. 102	Wellnesscoordinator2@nlxfn.com
	Joel Raphael - Wellness Coordinator – Lytton area		Rapael.j@nlxfn.com
	Harry Spahan - Emergency Planning Coordinator Manager	250-378-9772 ext. 113	spahan.h@bnlxfn.com
The Nzen'man' Child and Family Development Centre Society Nzen'man' Child Care Programs Offers programs and services to children and families within the Nlaka'pamux Nation. 270 7th Street – office moving to PO Box 490 Lytton BC V0K 1Z0	Angela Brown – Child Care Program Manager (Infant and Toddler, 3-5, and afterschool)	250-455-6673 Cell: 250-299-4106	angie@nzenman.org
	Rena Joe - Aboriginal Infant Development (Merritt)	(250)378-8333 Cell: 250-299-4647	nzenmanaidp@telus.net
	Vanessa Spinks - Administration Assistant	(250)455-2661 Cell: 250-299-4136	info@nzenman.org www.nzenman.org
	Romona Baxter – Executive Director	(250)455-2661 Cell: 250-299-7991	romona@nzenman.org
	Genessa Sam – Early Years Program Supervisor (AIDP and Prenatal)	250)455-2661 Cell: 250-299-2583	genessa@nzenman.org
	Cleann Coghlan – Home Visitor – Prenatal Outreach	(250)455-2661 Cell: 250-299-4627	cleann@nzenman.org
	Michele Swan – Home Visitor – Infant Development	(250)455-2661 Cell: 250-299-2542	michele@nzenman.org
	Karen Kimble – Home Visitor – Infant Development	(250)455-2661 Cell: 250-299-4638	karen@nzenman.org
	Virginia Peters – Aboriginal Support Child Development Consultant (ASCD Lytton and Ashcroft)	250)455-2661 Cell: 250-299-8786	virginia@nzenman.org

NLAKA'PAMUX NATION HEALTH SERVICES DIRECTORY

	Rona Sterling-Collins – Aboriginal Supported Child Development (ASCD Consultant for Merritt)	250-378-8333 Cell: 250-315-2170	ronasc@merrittbc.net
Scw'exmx Child and Family Services Society	Jacqueline Merritt - Youth Navigator	250-378-2771	Jacqueline.merritt@scwexmx.com
	Robin Humphrey - Youth Navigator	250-378-2771	Robin.humphrey@scwexmx.com
	Daniel Jager- Family Navigator	250-378-2771	Daniel.jager@scwexmx.com
	Allyson Sterling – Relationship Navigator	250-378-2771	Allyson.sterling@scwexmx.com
	Meg McKay – AFGC Coordinator	250-378-2771	Meg.mckay@scwexmx.com
	Elizabeth Bent – Family Circles Coordinator	250-378-2771	Elizabeth.bent@scwexmx.com
	Monty Joseph – Child & Youth Care	250-378-2771	Monty.joseph@scwexmx.com
Scw'exmx Community Health Services Society	Lucy Henry – Youth Worker	250-378-9745	Henry.l@schss.com
	Darlene Rodominski – Youth Worker	250-378-9745	darlener@schss.com
Siska	Samantha Gush - Comprehensive Community Plan/Youth and Elder Coordinator	778-254-4873	ccp@siskaband.ca

NLAKA'PAMUX NATION HEALTH SERVICES DIRECTORY

NLX Community Health Centre's/Services

Organization	Name/Position:	Contact #	Email / Website / Additional Info
Ashcroft Health	Charlene Pittman - Health Director	250-453-9325	cpittman@ashcroftband.ca
Fraser Thompson Indian Services Society (FTISS) – Oregon Jack Creek	Lee Anne Hunsbedt - Health Director Elaine Adams – Health Lead	250-455-2711	FTISShealth@gmail.com
Hesk'wen'scutxe Health Services Society (Siska & Cook's Ferry)	Tina Draney - Interim Health Director	250-458-2212	tina.draney@hssbc.ca Website: https://hssbc.ca/
Kanaka Bar Health/Band	Patrick Michell – Acting Health Director	250-455-2200	healthdirector@kanakabarband.ca
	Carolyn Harry – Health and Wellness Coordinator	250-455-2200	hwcoordinator@kanakabarband.ca
	Kathryn Brooks – CEO-Economic and Business Development	250-455-2200	Ceo-ed@kanakabarband.ca
Lower Nicola Health	Bridget LaBelle - Health Director	250-378-4089	Bridget.labelle@lnib.net
Lytton Health Centre (Tl'kemsin Health)	Stacy Thom – Health Manager	250-455-2115	Stacy.thom@lfnhealth.com
	Rosalin Miles – Interim Health Director	250-455-2115	advisor@lyttonfirstnation.com
		250-455-2115	
Nlaka'pamux Health Services Society (NHSS)	Tamara George - Executive Director	250-378-9772 ext. 119	George.t@nlxfn.com
	Shayla George - Receptionist	250-378-9772	mhreception@nlxfn.com
	Sylvester Cohen Jr - Administrative Assistant	250-378-9772 ext. 116	adminassistant@nlxfn.com
	Bernadette Collins - Community Engagement Coordinator	250-378-9772 ext. 110 Cell: 250-315-5227	Collins.b@nlxfn.com
	Andrea Elliott – Project Manager	250-378-9772 ext. 114	Elliott.a@nlxfn.com
Scw'exmx Community Health (Coldwater, Nooaitch, Shackan)	Jim Adams - Health Director	250-378-9745	Adams.j@schss.com
Skeesht Health (Nicomen)	Arlene Edwards - Health Director	250-455-0222	An.edwards.13@gmail.com
Skuppah Health	Sherry McIntyre - Health Director	250-455-2279	Sherrymc68@shaw.ca

NLAKA'PAMUX NATION HEALTH SERVICES DIRECTORY

School Info			
Organization	Name/Position:	Contact #	Email / Website / Additional Info
Coldwater Band School	Janice Antoine – Principal	250-378-9261	Janiceantoine@gmail.com
Desert Sands Community School	Principal- Susan Schalles		
Desert Sands Community School	Vice-Principal- Nicky Minnabarriet		nminnabarriet@sd74.bc.ca
	District Vice-Principal for Inclusion- Stacey Parsons		
Kumsheen Secondary School	Natalie Dickson – Principal	250-455-2328	
Lower Nicola Band School	Angie Sterling – Principal	250-378-5527	Angie.sterling@lnib.net
Lytton Elementary School	(moved up to Kumsheen Secondary School)	250-455-2328	
School District 74	Melaney Tinkess – Early Learning Coordinator / Principal Cache Creek Elementary School	250-457-6248	mtinkess@sd74.bc.ca
School District 74 – Ashcroft/Lytton			
	Nicky Minnabarriet – Principle of Inclusion		
School District 58 – Merritt / Princeton	Shelley Oppenheim Lacerte – District Principal of Aboriginal Education	250-378-5161	slacerte@365.sd58.bc.ca
Stein Valley Nlaka'pamux School	Todd Morrow – Principal	250-455-2522	principal@svns.ca