

ʔAQAM Health & Wellness

March 2023

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March, the melted snow starts flowing



Floor Hockey starts: March 3rd (more info below)

Community Conversations about Substance Use: March 15-16 (more info below).

Foot Clinic: March 20,21,22

Nurse Practitioner: starting March 28, 2023 Mike Orser, the Nurse Practitioner will be starting bi-weekly visits to the ʔaqam Health and Wellness Centre. To book an appointment please contact the Ktunaxa Health Centre at (250) 420-2700.

Workshop will include facilitation with Tonya Robitaille, to talk about naloxone training, plant medicine for recovery, holistic recovery, and ideas moving forward for ?aq'am.

Community Conversations about Substance Use

?aq'am Health and Wellness Building
March 15th - 10 am -3:30pm
March 15th- 5 pm-7pm
March 16th - 10 am-2pm



ONE DAY AT A TIME 12 STEP RECOVERY MEETING

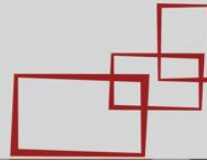
At the **Aqam Health and Wellness Building** on
Fridays 12:00-1:00
Starting January 6th

Open to anyone interested in recovery,
wellbriety, or is sober curious.
Coffee, snacks, Wellbriety and other
recovery books available

For any questions or further information
email: sgoddard@aqam.net



AQAM





7468 Mission Road
(778) 761 0917

Emergency Support
Call 911

Immediate 24/7 Support
Text "home" to 686868 or toll free
1-800-784-2433

KUU-US Crisis Line (Indigenous Run
Hotline)
1-800-588-8717

REMINDER TO REACH OUT TO YOUR LOVED ONES



Hello,

As you may have heard, BC's Office of the Human Rights Commissioner has launched the Baseline Project that aims to map the state of human rights in B.C. From 2002 to 2019, B.C. was the only province in Canada without a human rights commission. During that time, many organizations, advocates and services providers were doing important human rights work. Your insights are critical in informing a human rights baseline for B.C. and this is why we are reaching out to you.

Today we are launching the **Baseline Community Service Organization Survey** for people delivering programs and services on Ktunaxa Traditional Territory, specifically in and around the community of Cranbrook. The survey is intended for people working in community service organizations, First Nations, member-based organizations working in human rights related fields, or people who are working at all levels of government and other public sector institutions in the Cranbrook area. We are interested in hearing from leadership, staff, board members and volunteers in these organizations through this survey. We encourage different members of your organization to fill out the survey as they are likely to play different roles and hold diverse perspectives on human rights issues.

The survey will open from **Tues February 21 to Mon March 13**, and it can be accessed through this link **<https://Bchumanrights.checkbox.ca/survey>**. **The survey typically takes about 15-20 minutes to complete.** We would also be incredibly grateful if you can share the survey link and poster ([linked here](#)) with any other community service organizations in your community. We would love for this to have as wide of a reach as possible!

Thank you so much for your time and consideration. We look forward to hearing back from you.

With gratitude,

BCOHRC Baseline Team

BC's Office of the Human Rights Commissioner
bchumanrights.ca | [@humanrights4bc](https://twitter.com/humanrights4bc)

Pilot Project FAQ's

Menstrual products can be very expensive.

ʔaqam Health and Wellness has been approved to take part in the pilot project called the period poverty task force. This Pilot project involves

- Testing methods of getting menstrual products into the hands of people who need them.
- Reducing stigma around menstruation in a manner that is culturally relevant
- Building impactful solutions within the community

Our hope with this pilot project is that everyone in need of menstrual products will receive them. Please contact Jenny or Jessica at the Health Centre to sign up. All names and information are kept confidential.

Jenny (778) 761-0743

Jessica (778) 761-0917

Period Poverty Surveys are available. First distribution for menstrual products will be at the end of March.

Health Center Info

- Jenny, our Community Health Nurse is available by appointment for clinic visits for health-related issues. This includes, physical assessments, blood pressure, vitals, blood sugars or referrals to other providers.
- FREE Shingrix Vaccines available to Indigenous community members ages 65 and older (50+ with documented medical conditions)
Contact Jenny for more information (778) 761-0743
- Flu and Covid Vaccines available by appointment. Call Jenny or Jessica to book an appointment.
Jessica (778) 761-0917
Jenny (778) 761-0743
- Harm reduction items available. Call or come to the Health Center. No name or info needed. Confidential.





**Our Team is Available Monday - Friday 8:30-4:30. Excluding Statutory
Holidays.**

Team Contact Information:

- Jessica Cashen, Administrative Assistant jcashen@aqam.net ext. 3811 | (778) 761-0917
- Jennifer Damstrom, Community Nurse jdamstrom@aqam.net ext. 3527 | (778) 761-0743
- Josh Lockhart, Youth and Family Counsellor jlockhart@aqam.net ext. 3808 | (778) 761-0833
- Shelby Aquila, Wellness Coordinator saquila@aqam.net ext. 3582 | (778) 761-0747
- Shawnae Goddard, Life Skills Worker sgoddard@aqam.net ext 3819 | (778) 732-4179
- Richard Leesman, Addictions Counsellor 250-919-4606
- Pina Zilli, Registered Care Aide pzilli@aqam.net ext. 3824 | (778) 761-1057
- Michelle Shortridge, Director of Operations & Community Services mshortridge@aqam.net ext. 3523 | (778) 761-1040