

**Mental Wellness Resources  
Lillooet & Area  
COVID-19  
(2020)**



Prepared for the St'át'imc Outreach Health Services, Lillooet Tribal Council

By Janice Knighton

SOHS - St'át'imc Outreach Health Service

KFS - Kanúkwá7stáliha Family Service

FNs - First Nations

SSHS - Southern St'at'l'imx Health Services

FNHA - First Nations Health Authority

IH - Interior Health

Other - Other resources

LFCS - Lillooet Friendship Centre Society

CRISIS - remote access to immediate mental health support

Support Organizations

Supports Continued

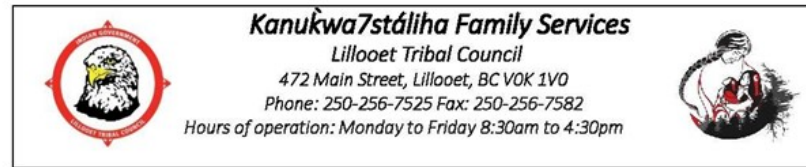
Group Work

**St'át'imc Outreach Health Services (LTC)**  
**Mental Wellness Services**

650 Industrial Place, Lillooet (250) 256-7530 Fax (250) 256-7535 Office Hours: 8:00-4:30		Cell Phone #	Email	E-Health?	Overall Goal: Support multisector, collaborative mental wellness initiatives and enhance mental health and addictions services for Aboriginal clients and families in the Northern St'át'imc Territory on and of reserve. (Interim Northern St'at'imc Health Plan, updated March 2016)
Cole Levitt, Mental Wellness Clinician	778-220-1410	<a href="mailto:clevitt@statimchealth.net">clevitt@statimchealth.net</a>	Yes Telephone, Zoom	Cole's passion is working with children, youth, and their families. The concentration of his practice is around navigating anxious feelings, alarming behaviours, and family conflict.	
Ellie Madeley, Mental Wellness Clinician	778-209-8552	<a href="mailto:youthclinician@statimchealth.net">youthclinician@statimchealth.net</a>	Yes Telephone, Zoom	Works with children, youth, and adults during this COVID-19 period. Then will be working with children, youth and families.	
Ricardo Pickering, Mental Wellness Clinician	250-842-8552	<a href="mailto:rpickering@statimchealth.net">rpickering@statimchealth.net</a>	Yes Telephone, Zoom	Works with adults, remotely via telephone, ZOOM, contact him directly for more information.	
Matilda Brown, Addictions Worker		<a href="mailto:mbrown@statimchealth.net">mbrown@statimchealth.net</a>	Yes Telephone, Zoom	Sharing Circle weekly via ZOOM, one-to-one addictions counselling by telephone or ZOOM. Contact Matilda for more information on remote access AA or NA meetings.	
Holly Alec, Addictions Assistant & Community Liaison		<a href="mailto:addictionsassistant@statimchealth.net">addictionsassistant@statimchealth.net</a>		Addictions Assistant supports the Addictions Worker, and FN communities.	
Darrell Bob, Land Based Healing Coordinator	778-209-0497	<a href="mailto:dbob@statimchealth.net">dbob@statimchealth.net</a>		Call or email Darrell for more information.	
Fabian Peters, Land Based Healing Assistant		<a href="mailto:fpeters@statimchealth.net">fpeters@statimchealth.net</a>		For information, call the office or send an email.	
Rocker Brady, Peer Support Worker & Community Liaison	250-256-3662	<a href="mailto:rbrady@statimchealth.net">rbrady@statimchealth.net</a>		Narcotics Anonymous via Zoom, contact for information. Naloxone kits and nasal spray available. Contact for video conferencing mental wellness presentations, or support.	
Janice Knighton, Emergency Mental Wellness Manager	250-256-3997	<a href="mailto:jknighton@statimchealth.net">jknighton@statimchealth.net</a>		Social Media: Facebook Page, SOHS Supports Lillooet: <a href="https://www.facebook.com/SOHS-Supports-Lillooet-104626541186819/">https://www.facebook.com/SOHS-Supports-Lillooet-104626541186819/</a>	

## Kanukwa7staliha Family Services Programs

Staff Directory for Kanukwa7staliha Family Services (KFS). Some staff are in the office but if you cant get in touch they can be reached by the emails and cell phone #'s listed on the Directory.  
**Now located at 650 Industrial Place, Lillooet**



### STAFF DIRECTORY

#### KANUKWA7STALIHA FAMILY SERVICES

NAME	POSITION	PHONE # 250.256.7525	EMAIL/CELL PHONE
N/A	Receptionist	250.256.7525	<a href="mailto:reception@kanukwa7staliha.org">reception@kanukwa7staliha.org</a>
Ina Williams	Team Lead / Administrator	Ext. 203 Cell	<a href="mailto:iwilliams@kanukwa7staliha.org">iwilliams@kanukwa7staliha.org</a> 250-256-8887
Brenda Frank	Family Preservation Worker	Ext. 207 Cell	<a href="mailto:bfrank@kanukwa7staliha.org">bfrank@kanukwa7staliha.org</a> 250-256-5111
Sean O'Donaghey	CYMH Clinician	Ext. 202 Cell	<a href="mailto:sodonaghey@kanukwa7staliha.org">sodonaghey@kanukwa7staliha.org</a> 1-604-722-1453
Francesca Thevarge	Aboriginal Wellness Coordinator	Ext. 209 Cell	<a href="mailto:awellnessc@kanukwa7staliha.org">awellnessc@kanukwa7staliha.org</a> 778-209-7107
Simone Gunkelmann	Family Support / CYSN Worker	Ext. 204 Cell	<a href="mailto:familysupport@kanukwa7staliha.org">familysupport@kanukwa7staliha.org</a> 250-256-3600
Rosalinde Narcisse	Family Find Worker	Ext. 212 Cell	<a href="mailto:marcisse@kanukwa7staliha.org">marcisse@kanukwa7staliha.org</a> 250-256-8633

#### ABORIGINAL SUPPORTED CHILD DEVELOPMENT

Terry Hurst	Consultant	Ext. 211 Cell	<a href="mailto:thurst@kanukwa7staliha.org">thurst@kanukwa7staliha.org</a> 250-256-3784
Kayleen Thevarge	Support Worker	Ext. 210 Cell	<a href="mailto:kthevarge@kanukwa7staliha.org">kthevarge@kanukwa7staliha.org</a> 250-256-3298

Updated March 2020

## Northern St'át'imc Mental Wellness Services First Nations

Organization/Health Service/Other	Address	Phone	Cell #	email	Telehealth	Provides Services for:
Rose Casper Healing Centre, Tsal'alh (Seton Portage) Phyllis Peters, Health Director	579 Ski'il Mountain Drive, Shalalth	250-259-8232		<a href="mailto:rosecasperhealingcentre@outlook.com">rosecasperhealingcentre@outlook.com</a> <a href="mailto:rhchealthdirector@outlook.com">rhchealthdirector@outlook.com</a>	yes	Contact by phone or email for more details. Addictions, mental health referrals.
Xwisten Health Centre, (Bridge River) Josephine Froste, Health Administrator Garry Dunn, Community Wellness Worker	Lot 1A Joseph Road	950-256-7423		<a href="mailto:healthadmin@xwisten.ca">healthadmin@xwisten.ca</a> <a href="mailto:communitywellness@xwisten.ca">communitywellness@xwisten.ca</a>	yes	Contact by phone or email for more information. Video conferencing available.  Contact by email for more information.
T'it'q'et Health Centre (Lillooet) Shawn Scotchman, Health Manager Juanita Jacob, Wellness Coordinator	59 Retasket	250-256-4118		<a href="mailto:healthmanager@titqet.org">healthmanager@titqet.org</a> <a href="mailto:wellnesscoordinator@titqet.org">wellnesscoordinator@titqet.org</a>		Contact by phone or email for more information.  Working from home, contact by phone or email.
Sekw'el'was Health (Cayoose Creek) Andrea LeBourdais, Health Administrator	810 Highway 99 South	250-256-4136		<a href="mailto:health@cayoosecreek.ca">health@cayoosecreek.ca</a>		Contact for more information.
Xaxl'ip Health (Fountain) Franny Alec, Health Director Linda McDonald, Addictions Coordinator	1433 Fountain Valley Road	250-256-4800		<a href="mailto:healthmanager@xaxlip.ca">healthmanager@xaxlip.ca</a> <a href="mailto:mentalhealth@xaxlip.ca">mentalhealth@xaxlip.ca</a>		Contact by phone or email for more information.
Ts'kw'aylaxw Health (Pavillion) Shannon McDonald, Health & Social Development Director Stella Alec, Cultural Wellness Worker	35100 Highway 99 North	250- 256-4204		<a href="mailto:shannon@tskwaylaxw.com">shannon@tskwaylaxw.com</a> <a href="mailto:culturalwellness@tskwaylaxw.com">culturalwellness@tskwaylaxw.com</a>		Contact by phone or email for more information.  Contact by phone or email for more information.

## Southern Stl'atl'imx Mental Wellness Services

Organization/Health Service/Other	Address	Phone	Cell #	email	Telehealth Provides Services for:
<p>Southern Stl'atl'imx Health Society</p> <p>Rosemary Stager, Health Director</p> <p>James Moch, Child &amp; Youth Mental Health Worker</p> <p>Brett Peterson, Counsellor</p> <p>Cheryl Bate, Mental Health &amp; Addiction Therapist</p>	<p>321 IR#10 Road, Mount Currie</p>	<p>604-894-0151</p> <p>604-894-0151</p> <p>604-894-0151</p> <p>604-894-0151</p>		<p><a href="mailto:info@sshs.ca">info@sshs.ca</a></p>	<p>Addictions Counselling, Mental Health Counselling. Servicing: N'Quatqua, Samahquam, Skatin, Xa'xtsa.</p>
<p>Líl'wat Health and Healing</p> <p>Jessica Frank, Health Director</p>	<p>11092 Black Bear Road Mount Currie</p>	<p>604-894-6656</p>		<p><a href="mailto:Jessica.Frank@lilwat.ca">Jessica.Frank@lilwat.ca</a></p>	<p>Call for more information.</p>

## First Nations Health Authority - Mental Health Providers

FNHA First Nations Health Benefits Mental Health Provider List - Current as of April 8, 2020

Please Note: During the BC Wide COVID-19 State of Emergency, services are ONLY available through telehealth (phone and videoconferencing).

LILLOOET	CASPER, LORRINDA	RSW		(250) 256-9126
LILLOOET	HALL, YOLANDA	RCSW	Yes	1 (866) 414-2300
LILLOOET	KANE, BRANDY	RCSW	Yes	(604) 728-1574
LILLOOET	PICKERING, RICARDO	CCC	Yes	(250) 842-8552
LILLOOET	WARREN, JOANNE	RCC	Yes	(250) 256-4906
LILLOOET (TRAVELS TO)	MORGAN, ROBIN	RCSW	Yes	(250) 842-7862

### Mental Wellness and Counselling

Mental Wellness and Counselling is designed to support clients who are in need of professional assistance to resolve emotional distress and enjoy greater wellness.

In order to avoid the spread of COVID-19 to our clients, all non -urgent, in-person appointments should be cancelled indefinitely and we are temporarily suspending all provider travel into communities. Counselling services can begin or continue via telehealth delivered over the phone or videoconferencing. Check out the [FNHA Health Benefits Mental Health Provider List](#) to see which providers are offering telehealth.

FNHA Health Benefits Mental Health Provider List can be found at: <http://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf>

Or phone FNHA, 1-844-364-7878 (Toll Free), or email [ehealthsupport@fnha.ca](mailto:ehealthsupport@fnha.ca)

## Interior Health - Lillooet

Lillooet Hospital & Health Centre  
951 Murray Street  
Mon-Fri, 8:00-5:00

Phone 250-256-1343  
Emergency, Hospital  
250-256-4233  
TF 1-855-656-4233

Email

E-Health?

Interior Health and our partner agencies provide a range of mental health and substance use services for all ages. We strive to ensure that our services are welcoming of all peoples, gender identities, cultures, ethnicities and backgrounds.

Greg Smith,  
Mental Health Clinician

250-256-1343

[Donald.Smith@interiorhealth.ca](mailto:Donald.Smith@interiorhealth.ca)

Crisis intervention, counselling, assessment and treatment, senior programs, addictions counselling.

Alana Aspinall,  
Mental Health Clinician

250-256-1343

[Alana.Aspinall@interiorhealth.ca](mailto:Alana.Aspinall@interiorhealth.ca)

Assessment, referral worker, and short-term counselling for Lillooet and Ashcroft.

**In crisis, please attend the Lillooet Hospital Emergency**

## OTHER RESOURCES



### ABORIGINAL PATIENT NAVIGATOR VIRTUAL SUPPORT

The Aboriginal Patient Navigator (APN) Program is now available to support self-identified Aboriginal patients, clients, families, and community members virtually. Individuals and families can connect to the APN Program through Zoom, a videoconferencing service, 7 days a week, for support.

#### What services are APNs able to provide virtually?

APNs are available to:

- offer emotional support to individuals and families;
- connect you to mental health and wellness resources;
- connect you to trusted information sources for COVID-19 and IH health services, and;
- provide guidance on spiritual and cultural wellness.

For more information on the APN Program and its services, find it [here](#).

#### What do I need to access an appointment with an APN?

You will need reliable access to the internet. You can join using a desktop/laptop or most iOS and Android mobile devices (newer than 2012). You can join the meeting using the Zoom Web Client from a browser without downloading any plugins or software. Zoom recommends Google Chrome for the best experience.

#### When are appointments available?

Appointments are available 7 days a week, between 8:30 a.m. and 4:30 p.m., excluding statutory holidays.

#### How do I set up an appointment?

Please email [AboriginalPatientNavigatorProgram@interiorhealth.ca](mailto:AboriginalPatientNavigatorProgram@interiorhealth.ca) to set up an appointment. Please identify your name, phone number, and community in the subject line. You will be contacted within 24 hours by the soonest available APN to schedule a date and time for your appointment. You will receive a link and information on 'how-to-connect' to your email or phone, based on your preference, for the Zoom appointment.

#### FOR SPECIFIC INFORMATION ON COVID-19:

The following websites are updated daily and are the best source for current information:

- [Interior Health COVID-19 web page](#)
- [BCCDC COVID-19 web page](#)

For information specific to Aboriginal partners, find it [here](#).

IH-PH-COV-417 16APR2020



## INTRODUCING FOUNDRY'S VIRTUAL SERVICES!

Foundry is working to make sure all young people in British Columbia (BC) can get the care and support they need, when they need it.

### WE ARE NOW OFFERING VIRTUAL DROP-IN COUNSELLING SESSIONS BY VOICE, VIDEO AND CHAT TO BC'S YOUNG PEOPLE AGES 12-24 AND THEIR CARE-GIVERS!

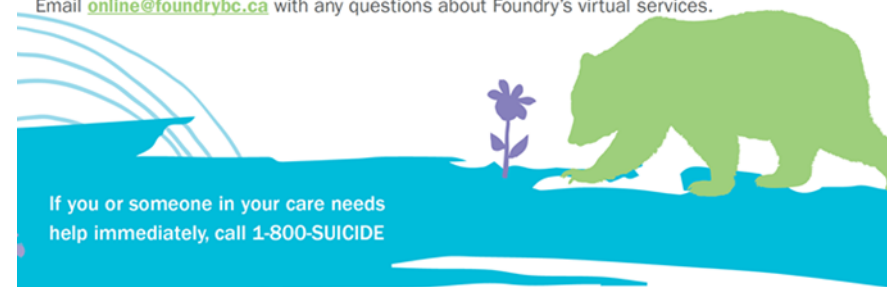
#### Foundry Virtual services are:

- Available to young people in British Columbia ages 12-24 and their care-givers
- Free and confidential
- Easy to access. No referral or assessment required

To access this service, call **1-833-FØUNDRY**  
(yes, that's FØUNDRY with a zero! or 1-833-308-6379)  
to book an appointment!

A staff member will schedule an appointment and provide information for next steps. Each virtual drop-in counselling appointment is a single session service and will last between 15-45 minutes. Young people are welcome to use the service more than once, but we cannot guarantee they will see the same clinician every time.

Visit [foundrybc.ca/virtual](https://foundrybc.ca/virtual) for up-to-date hours of operation and service details. Email [online@foundrybc.ca](mailto:online@foundrybc.ca) with any questions about Foundry's virtual services.



If you or someone in your care needs help immediately, call 1-800-SUICIDE



Lillooet Friendship Centre Society  
 357 Main Street  
 Phone 250-256-4146  
 Open Mon-Fri, 8:30-4:30

	Cell Phone #	Email	E-Health?
Carol Camille			The Addictions Services Program is funded by Interior Health and sponsored by the Lillooet Friendship Centre Society. It offers various options to the Lillooet Community, depending on the individual's or group's preference. The Program is open to all, Native and Non-Native people and is provided free of charge. Addictions & Mental Health Cultural Wellness, counselling support
Kate Aleck	250-256-9336		
Riley Aleck	250-256-3086		
Gloria Joseph Victim Services		<a href="mailto:stv@lfcs.ca">stv@lfcs.ca</a>	Stop the Violence/SAFE Home Program
Violet Dunn Victim Services			Working in office, Stop the Violence/SAFE Program
Karen Kauffman PEACE (CWWA)		<a href="mailto:karen@lfcs.ca">karen@lfcs.ca</a>	Prevention, Education, Advocacy, Counselling, Empowerment for children and youth experiencing violence.
Wendy Parker Coordinator - Imagine U		<a href="mailto:eysccoord@lfcs.ca">eysccoord@lfcs.ca</a>	EYSC, Engaging Youth for Stronger Communities.
Gail Kreiser-Leech Job Coach	250-256-8893	<a href="mailto:eysccoach@lfcs.ca">eysccoach@lfcs.ca</a>	

## Indigenous Crisis Lines



Due to COVID-19, at this time we are not holding programs at Tso-w-Tun Le Lum Helping House. However, we are offering outreach services by phone.

In this time of uncertainty and isolation, we understand this can be a lonely, fearful, and difficult time. We are here to help.

Staff are working to support you via phone, email, facetime, etc. Please reach out to us so we can assist you.

**250-390-3123**

Our Counselling and Culture Support team can offer confidential services.

**RHSW toll-free phone number:  
1-888-403-3123**



or  
Nola at  
**250-248-7514**



**facebook: Tso-w-Tun Le Lum Support**

**KUU-US**  
**CRISIS RESPONSE SERVICES**  
**1-800-KUU-US17 | 1-800-588-8717**

CHILD/YOUTH: 250.723.2040

ADULT/ELDER: 250.723.4050

**CULTURALLY SAFE  
HELP AVAILABLE**

**24 HOURS A DAY  
7 DAYS A WEEK**

**FIRST NATIONS AND  
ABORIGINAL PEOPLES  
HELPING FIRST NATIONS  
AND ABORIGINAL PEOPLES**



First Nations Health Authority  
Health through wellness



KUU-US Crisis Line Society

# Support Organizations



## 24 Hour Mental Health Services

**Are you currently seeing a counselor?  
Would you be comfortable with calling a counselor or  
using telehealth?**

 <p><b>KUU-US:</b> The KUU-US Crisis Line Society operates a 24 hour provincial Aboriginal crisis line for: Adults/Elders (250) 723-4050 Child/Youth (250) 723-2040</p> <p>Toll Free 1-800-588-8717 <a href="https://www.kuu-uscrisisline.ca/">https://www.kuu-uscrisisline.ca/</a></p>	 <p><b>Hope for Wellness Helpline:</b> The Hope for Wellness Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Toll Free 1-855-242-3310</p> <p>Chat line: <a href="https://chat.fn-i-hopeforwellness.ca/">https://chat.fn-i-hopeforwellness.ca/</a></p>
 <p><b>Indian Residential School Survivors Society:</b> We are a provincial organization with a 20-Year history of providing services to Indian Residential School Survivors. 1-604-985-4465 1-800-721-0066</p> <p><a href="http://www.irsss.ca">http://www.irsss.ca</a></p>	 <p><b>Tsow-Tun Le Lum Society:</b> We provide programs that address the issues of addictions and substance abuse, and support survivors of trauma and residential schools 1-250-268-2463</p> <p>FB TLL RHSW Support email: <a href="mailto:rhwcoor@Tswotunlelum.org">rhwcoor@Tswotunlelum.org</a></p>



First Nations Health Authority  
Health through wellness

# Mental Health and Wellness Resources for Youth



Even though we need to keep our physical distance during the COVID-19 pandemic, we don't need to be alone on our journeys. Support is available! Here are some services, apps and practices that may provide help and healing during these uncertain times.

**Box Breathing**

Box breathing is a powerful practice for calming your nervous system. Breathe in for four seconds, hold your breath for four seconds, and exhale for four seconds. Try it out using the GIF below, courtesy of healthline.  
<https://www.healthline.com/health/box-breathing#slowly-exhale>

**Tsow-Tun Le Lum Society**

Do you need guidance from an Elder? Could you use a prayer or a virtual smudging? Tsow-Tun Le Lum can help! Just call them to set up a meeting time at: 1-888-590-3123 (toll-free).

**Insight Timer**

Join thousands of other youth who are learning to meditate on Insight Timer. This app will help calm your mind and reduce anxiety. Insight Timer is totally free and has over 30,000 guided meditations.  
<https://insighttimer.com>

**Foundry BC**

Foundry BC is a one-stop-shop for youth wellness. They are now offering virtual drop-in counselling for youth across BC. To book an appointment, call: 1-833-F0UNDRY (1-833-308-6379)

**Child & Youth Mental Health Walk-in Intake Clinics**

Are you looking for mental health support or services in your area? Call your local CYMH Office for virtual or telephone services. Visit the website [here](#).

**Youth in BC Online Chat**

YouthinBC.com is an on-line crisis chat service for youth who need a safe place to find support or simply someone to listen without judgement. You can chat about anything you want to: suicide, sexuality, depression, stress, relationship conflicts and much more. Online chat is available from Noon to 1 a.m. Visit: [www.youthinbc.com](http://www.youthinbc.com)

**Youth Against Violence Line**

If you are concerned about your own safety, the safety of others, or experiencing sexual abuse, text 604-836-6381 or call 1-800-680-4264. Service is available 24/7 and is completely anonymous. Visit: <http://www.youthagainstviolenceline.com> for more information.

**Kuu-Us Crisis Line**

The KUU-US Crisis Line Society operates 24/7 and has a line just for youth.  
Call: 250-723-2040 or 1-800-588-8717 (toll-free).

Which resources are you are using to keep well during COVID-19? We want to know what you think works. Email us at: [youth@fnha.ca](mailto:youth@fnha.ca)

**If you or someone you know is in crisis, call 911 now.**

## Supports Continued

First Nations Health Authority  
Interior Region Mental Health and Wellness  
Coronavirus (COVID-19) pandemic  
Domestic Violence and Abuse Support & Resources



Our priority is and has been to support and prepare our Nations to maintain their individual health, their families and the health of the communities.

Given the current Coronavirus (COVID-19) Pandemic people maybe be feeling the impacts on our Mental Well-being. Some could be experiencing increased conflicts, even escalated situations of Violence or Abuse.

If you are concerned for your safety, your children's safety or someone you know do not hesitate to reach out:

**If you are in immediate danger call 911**

**Domestic Violence Help Line at 1-800-563-0808**  
(free, confidential, 24/7, service in multiple languages)

**VictimLinkBC at 1-800-563-0808** toll-free, confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week

**KUU-US Crisis Line Society at 1-800-588- 8717** Toll Free Aboriginal provincial crisis line operates 24 hour

**Hope for Wellness Helpline: 1-855-242-3310** Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

**Kids Help Phone: 1-800-668-6868**

**Helpline for Children in BC: 310-1234**

First Nations Health Authority  
Interior Region Mental Health and Wellness:  
Quick Reference Support Lines



**Mental Health and Crisis Support Lines**

**Hope for Wellness Helpline: 1-855-242-3310**  
Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

**Indian Residential School Survivors Society**  
**1-604-985-4464/toll-free: 1-800-721-0066**

**KUU-US Crisis Line Society at 1-800-588-8717**  
Toll Free Aboriginal provincial crisis line operates 24 hour

**Tsow-Tun Le Lum Society: 1-250-268-2463**  
24 hour support line supporting those struggling with addiction substance misuse, supports for trauma, and /or residential school survivors

**Addictions and Substance Misuse Supports**

**Kids Help Line – 1-800-668-6868**

**Adults Help Line – 1-800-663-1441**

**Health Link BC 811**

**MHSU Interior Health 1-888-353-2283**

**Domestic Violence or Abuse**

If you are in immediate danger call 911

**Domestic Violence Help Line at 1-800-563-0808**  
(free, confidential, 24/7, service in multiple languages)

**VictimLinkBC at 1-800-563-0808** toll-free, confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week

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**Support for Children and Youth**

**Kids Help Phone: 1-800-668-6868**

**Helpline for Children in BC: 310-1234**

**KUU-US Crisis Line Society Child and Youth**  
**Crisis 1-250-723-2040 or toll free**  
**1-800-588-8717** crisis line operates 24 hour

**For online resources for Mental Health:**

First Nation Health Authority Mental Health and Substance Use:  
<https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>

Canadian Mental Health Association  
<https://cmha.ca/>

First Nation Health Authority /novel coronavirus (COVID-19)  
<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>

**If you or someone you know is struggling to maintain Mental Wellness you can reach out for support to either to a hotline, a Mental Health Counsellor Clinician, a Doctor, Health Care Provider or Nurse Practitioner in your area.**

## GROUP WORK

### **Alcoholics Anonymous**—Area 62

With meetings in Barriere, Chase, Chu Chua, Clearwater, Kamloops, Merritt & Savona

#### ONLINE Meetings

In the wake of the current COVID-19 pandemic all meetings are closed until things get better. If you find you need a meeting, try one of the many online meetings available using the ZOOM app. If you want to attend a remote meeting, it is pretty simple with the **Zoom app**. Simply download the app, and there is a tab that says Sign Up, asking for your name (if you want to keep your anonymity, then just use your initial for your last name) and email address. They will send you an email to verify your account in 5-30 minutes. There is no cost for the Zoom app, and no cost to join a meeting. Once your account is verified by email, you will find a very simple home screen on Zoom. Tap "Join" and it will ask for a 9 or 10 number meeting id, and that's it.

The password for the zoom meetings below is **626262**.

As face-to-face meetings have come to an end, 7th Tradition contributions to GSO have slowed. A reminder that our members can contribute directly to GSO or Area 79, if they have the means to do so, to help carry the message. Even small contributions like \$10 will help. Click on one of the links on the right.

Daily 10:00 am - One Breath at a Time (Ladies only) - # [407 903 379](#)

Daily 12:00 pm - Daily Freedom Group - # [767 676 5827](#)

Daily 12:00 pm - Miracle Group - # [402 596 439](#)

Daily 7:30 pm - Gratitude in Action - # [767 676 5827](#)

Monday 8:00 pm - Monday Night Big Book & 12x12 Study - # [883 0049 8837](#)

Tuesday 6:00 pm - Design For Living (Women's step and tradition study) - # [126 210 317](#)

Wednesday 7:00 pm - Knutsford Outhouse Group - # [186 777 386](#)

Wednesday 7:00 pm - Merritt AA Wednesday Night - # [613 347 686](#)

Wednesday 8:00 pm - Acceptance Group - # [531 695 404](#)

Thursday 6:45 pm - This Hour Has 45 Minutes - # [722 275 2992](#)

Thursday 8:00 pm - Mustard Seed Group - # [911 991 247](#)

Friday 6:30 pm - Women Helping Women Group - # [822 6841 8250](#)

Friday 8:00 pm - Grassroots Group - # [342 701 917](#)

Saturday 6:30 pm - Merritt AA Saturday Night - # [482 147 605](#)

Saturday 8:00 pm - Saturday North Shore Group - # [176 404 056](#)

Sunday 10:00 am - Sunday Morning Serenity Group - # [384 480 246](#)

Sunday 8:00 pm - River Street Group - # [446 276 912](#)

Download AA mtg list, PDF: [http://district62aa.org/where\\_and\\_when.pdf](http://district62aa.org/where_and_when.pdf)

### **Narcotics Anonymous**—Kamloops ZOOM meetings

<https://bcna.ca/index.php?category=meetings> (List of regular meetings for Kamloops)

Group name **NA In The Loop**, Telephone : +1 778 907 2071, hosts [WEB, Virtual Meetings](#).

Monday 8:00 pm - 9:00 pm Wednesday 8:00-9:00 pm, Friday, 8:00-9:00 pm

To join meeting ZOOM/VIRTUALLY, go to <https://us04web.zoom.us/j/9517378403> [MAP](#)

**Lillooet:** NA, ZOOM meeting, Wednesdays, 1:00 to 2:00 pm,  
contact Rocker Brady, St'át'imc Outreach Health Services (LTC), phone 250-256-7530 or cell 250-256-3662,  
or email [rbrady@statimchealth.net](mailto:rbrady@statimchealth.net) for information.

### **SOHS - Sharing Circle, via ZOOM, Wednesdays at 7:30 pm**

Send your email address to Matilda Brown, [mbrown@statimchealth.net](mailto:mbrown@statimchealth.net)