

# Partners of Community First Health Co-op (CFHC) Nelson and Area Wellness and Education Centre

(Partnerships supporting wellness for all in our communities)

**Acupuncture & Natural Health Clinic** (Suite 101 - Main Floor, turn right) **250-352-2167**  
(Acupuncture, Chinese & Herbal Medicine, Herbal Dispensary, Young Essential Living Oils, Massage Therapy)  
Shauna Robertson, RTCMP (Chinese Medicine Practitioner) [www.anhc.ca](http://www.anhc.ca); [shaunatcm@yahoo.ca](mailto:shaunatcm@yahoo.ca)  
Lauren Spizawka, Registered Massage Therapist [laurenspezawka@gmail.com](mailto:laurenspezawka@gmail.com)  
Michele Greco, RMT Biodynamic Cranio Sacral Therapy [naturesayurveda@yahoo.com](mailto:naturesayurveda@yahoo.com)  
Sherri Bouliane, Registered Massage Therapist [sherbouliane@gmail.com](mailto:sherbouliane@gmail.com)

**Apple Tree Maternity** (Suite 1 - Lower Floor on left, outside entrance) **250-354-3884; 250-354-3894 (fax)**  
(One-Stop Maternity Care - pregnancy, birth and newborn) [www.appletreematernity.com](http://www.appletreematernity.com)  
Jeanette Boyd MD, Lisa Sawyer MD [appletreematernity@gmail.com](mailto:appletreematernity@gmail.com)  
Ilene Bell RM, Michelle Cameron RM, Tanya Momtazian RM

**Dr. Christy Bryceland** (Suite 113 - Main Floor, through lobby, turn left) **250-352-3001; 250-352-3022 (fax)**  
(Registered Psychologist) [cbryceland@telus.net](mailto:cbryceland@telus.net)  
Psychological services for children and adolescents

**Community Chiropractic Clinic** (Suite 205-2nd Floor, turn left, then straight) **250-352-1322; 250-352-1319 (fax)**  
(Chiropractic and Massage Therapy) [mckenzie@netidea.com](mailto:mckenzie@netidea.com)  
Kevin McKenzie DC (Hours: Mon.-8-5; Wed.-1-8; Fri.-8-5:30)  
Karyn Lawson (Registered Massage Therapist (Mon.-Fri.))

**Elephant Mountain Counselling** (Suite 103C - Main Floor, through lobby) **250-505-4128**  
(Counselling Services for Families, Adults, and Youth) [jakalin@elephantmc.ca](mailto:jakalin@elephantmc.ca)  
Jakalin MacGregor MSW RSW

**NAPA Forest Products Inc.** (Suite 102 - Main Floor, right rear of building)  
Aaron Young **1-778-463-2223**

**Nelson Community Services** (Suite 201-Second Floor, turn right) **250-352-3504 ; 250-352-3750 (fax)**  
(Supporting Families, Youth and Individuals) (See affiliated programs below)  
Rona Park, Executive Director (Ext. 223) [rpark@servicesfyi.ca](mailto:rpark@servicesfyi.ca)  
Pat Hendrickson, Administrative Assistant (Ext. 221) [admin@servicesfyi.ca](mailto:admin@servicesfyi.ca)  
(also see programs below)

**Nelson Community Services Learning Centre** (Suite 107 - Main Floor, through lobby, turn left, then right)

**Nelson Community Services Housing Outreach** (Suite 206 - Second Floor, turn left, first door on left)  
(Exploring housing accessibility)

**Nelson Street Outreach** (Suite 208 - Second Floor, turn left, first door on right)  
(Pilot project to work with people living on the street)

**Community Health Resource Centre** (Main Floor, Centre Room)  
(Free education, prevention and support for chronic health issues, seniors' care & families)  
Non-profits working for a healthier community can book the Resource Centre free of charge  
by purchasing a \$100 Co-op membership - contact Lonnie at 250-505-3997, [lonnie3997@gmail.com](mailto:lonnie3997@gmail.com).

## Resource Centre Partners:

ALS (Lou Gehrig's Disease) Society of B.C. - Bette-Lou Askew **250-825-0020**  
Alzheimer Society of B.C. - Julie Leffelaar **1-250-365-6769/1-855-301-6742**  
- Caregiver Support Group - Gail Russell **250-352-7444**  
Arthritis Society - Ashley Kroening **1-604-714-5565**  
Brain Injury Association (West Kootenay) - Christine Pelletier **250-505-3349**  
Breast Cancer Society - Maureen Hendry **250-551-3800**  
B.C. Lung Association - Michael Jessen **1-250-229-5632 (Balfour)**  
Canadian Cancer Society (B.C./Yukon) - Lynette Wray & Mia Gardiner **1-800-656-6426; 1-888-939-9333 (Info Line)**  
**250-364-0403/1-888-413-9911**  
Community First Health Co-op - Marion Hunter/Erin Morrison **250-352-7076**  
Friends of Nelson Elders - Betty Craig **250-352-7153**  
Heart & Stroke Foundation - Nancy Liknes **1-250-410-8202(local)/1-866-432-7833**  
Kidney Foundation of Canada (B.C. Region) - Sarah Popoff **250-352-3255**  
KidSport - Graham Jamin **250-352-9583**  
MS Society of Canada - Lonnie Facchina **1-800-268-7582, ext.7259**  
Nelson and District Hospice Society - Jane DiGiacomo **250-352-2337**  
Nelson Friends of the Family - Marty Suttmoller **250-551-5905**  
Overeaters Anonymous-Meets Wed. 12 noon-Carolyn/Joni **250-825-4105/1-250-399-4561 (Thumbs)**  
Parkinson Society of B.C. **1-800-668-3330**  
Seniors Coordinating Society - Joan Reichardt **250-352-6008**  
Therapeutic Riding Association (W. Kootenay)-Diane Kinrade **250-354-9074**  
TOPS - Meets Mondays at 5:30 pm - Mary Lou Schneider **250-825-9487**  
West Kootenay Community TEETH Clinic Society **250-352-6560/teethclinicwk@gmail.com**  
Information/eligibility forms-[www.healthco-op.ca](http://www.healthco-op.ca) or Seniors Coordinating, 719 Verrnon, Nelson

**Esta Porter PhD, RCC, LMHC** **250-354-0200**  
(Counselling Psychology) [www.estaporter.com](http://www.estaporter.com)

**Rise BC Wellness Centre** (Suite 203-Second Floor, turn left, down hall) **250-352-5259; 250-352-0323(fax)**  
(Chronic pain and addictions support) - see associated program below [risebc.com/office@risebc.com](http://risebc.com/office@risebc.com)  
Joel Kailia MD; Devon Christie MD; Vince Zenarosa (Clinical Trainee); Anna Topf (Kinesiology);  
Camela Cowan (Yoga Therapy); Tara Emery (Social Worker)  
Hours: Monday-Thursday - 9-4, Fridays - please call for hours as it varies  
Rise Above Pain Society - Jacqueline Carr **250-777-1794/riseabovepainbc@gmail.com**

**Sockeye Enterprises Inc.** (Suite 103 - Main Floor, right rear of building) **250-352-3011**  
(Modular Installations) [www.sockeyeenterprises.ca](http://www.sockeyeenterprises.ca)

## COMMUNITY FIRST HEALTH CO-OP CONTACTS

**Available Large Multi-Office/Clinic Space for Lease in Building**  
(Meeting room and inside storage units available for your convenience)

**Secure inside Storage Units accessible 24/7 available for rent to the public**

Contact: [cfhcoop@shaw.ca](mailto:cfhcoop@shaw.ca)

**Meeting Rooms - available for rent to the public 7 days/nights a week**

Meeting room (accommodates 20, internet, large table) and an open presentation room available for rent for groups on a per session basis. Non-profits working for a healthier community can book the Resource Centre free of charge by purchasing a refundable \$100 Co-op membership.

Contact: Lonnie Facchina (250) 505-3997; [lonnie3997@gmail.com](mailto:lonnie3997@gmail.com)

**To become a partner in wellness, please contact [cfhcoop@shaw.ca](mailto:cfhcoop@shaw.ca).**

We especially need volunteers for the Community Health Resource Centre (an information centre for various health issues). Please contact Lonnie Facchina at (250) 505-3997 or [lonnie3997@gmail.com](mailto:lonnie3997@gmail.com)

### Our Mission

The mission of the Community First Health Co-op is to enhance the health and wellness of communities, families, and individuals by providing services through a co-operative partnership of consumers and health service providers.



(A Volunteer-run, Non-profit Organization)

**[www.healthco-op.ca](http://www.healthco-op.ca)**

Email: [cfhcoop@shaw.ca](mailto:cfhcoop@shaw.ca)

#204-518 Lake St., Nelson, B.C. V1L4C6

Facebook: Community First Health Co-op

Twitter: @CFHCoop

**Members of:**

Kootenay Lake Hospital Foundation, Nelson & District Chamber of Commerce, Imagine Kootenay, BC Co-operative Association, Upper Columbia Co-op Council, Nelson & District Credit Union, BC Non-Profit Housing Association, SPAN, Nelson Housing Forum, Nelson & District Seniors Coordinating Society, West Kootenay Community TEETH Clinic Society, Health Care Co-operatives Federation of Canada, Canadian Assn. of Community Health Centres and B.C. Association of Community Health Centres

**NELSON AND AREA**  
**WELLNESS AND EDUCATION CENTRE**

**PARTNERS AND SERVICES**