

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)
Lauren Spizawka, Registered Massage Therapist
Sherri Bouliane, Registered Massage Therapist

www.anhc.ca; shaunatcm@yahoo.ca
laurenspezawka@gmail.com
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
Jeanette Boyd MD, Lisa Sawyer MD 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
Psychological services for children and adolescents

Community Chiropractic Clinic (Suite 205-2nd Floor, turn left, then straight) 250-352-1322; 250-352-1319 (fax)
(Chiropractor) mckenzie@netidea.com
Kevin McKenzie DC (Hours: Mon.-8-5; Wed.-1-8; Fri.-8-5:30)

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
Pat Hendrickson, Administrative Assistant (Ext. 221) 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 204 - 2nd Floor, turn left & follow hall on right)
(Exploring housing accessibility)

Nelson Community Services Street Outreach (Suite 204 - 2nd Floor, turn left & follow hall on right)
(Working with people living on the street)

Nelson Community Services Program Manager (Suite 207 - 2nd Floor, turn left, first door on right)

Nelson Community Services Board/Meeting Room (Suite 206 - 2nd Floor, turn left, first door on left)

Esta Porter PhD, RCC, LMHC (Suite 105 - Main Floor, through lobby, turn left, then right, go straight)
(Counselling Psychology) 250-354-0200
www.estaporter.com

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 Madeline at 778-919-5946, collinsmadeline@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 1-800-656-6426; 1-888-939-9333 (Info Line)
& Mia Gardiner 250-364-0403/1-888-413-9911
Community First Health Co-op cfhcoop@shaw.ca
Friends of Nelson Elders (Contact Seniors Coordinating Society for information) 250-352-6008
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 (Thrums)
Parkinson Society of B.C. 1-800-668-3330
Rise Above Pain Society riseabovepainbc@gmail.com
Seniors Coordinating Society - Marjut Rihtamo 250-352-6008
TOPS - Meets Mondays at 5:30 pm - Sheila 250-352-1131
West Kootenay Community TEETH Clinic Society 250-352-6560/teethclinicwk@gmail.com
(Information/eligibility forms - www.healthco-op.ca or Seniors Coordinating, 719 Vernon, Nelson)

Rise BC Wellness Centre (Suite 203-Second Floor, turn left, down hall) 250-352-5259; 250-352-0323(fax)
(Chronic pain and addictions support)

Joel Kailia MD; Devon Christie MD; Vince Zenarosa (Clinical Trainee); Anna Topf (Kinesiology);
Tara Emery (Social Worker)
Hours: Monday-Thursday - 9-4, Fridays - please call for hours as it varies

Sockeye Enterprises Inc. (Suite 103 - Main Floor, right rear of building) 1-250-777-2932
(Modular Installations) www.sockeyeenterprises.ca

COMMUNITY FIRST HEALTH CO-OP CONTACTS

Available Large Multi-Office/Clinic Space for Lease in Building

(Meeting room included for your convenience and inside storage units available)

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

Contact: cfhcoop@shaw.ca

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

Meeting room (accommodates 20, internet, large table) as well as 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: Madeline 778-919-5946; collinsmadeline@gmail.com

To become a partner in wellness, please contact cfhcoop@shaw.ca.

We especially need volunteers for the Community Health Resource Centre (an information centre for various health issues).

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

Email: 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 and 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