

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
shebouliane@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
Ilene Bell RM, Michelle Cameron RM, Tanya Momtazian RM
appletreematernity@gmail.com

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**
cfhcoop@shaw.ca
Community First Health Co-op
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 (Thrusms)**
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; 250-352-032**
(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