

# **COMMUNITY FIRST HEALTH CO-OP (CFHC)**

(a volunteer-run, non-profit organization)

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

**E-mail:** [cfhcoop@shaw.ca](mailto:cfhcoop@shaw.ca) **Website:** [www.healthco-op.ca](http://www.healthco-op.ca)

## **Information Sheet**

- incorporated 2003 as a non-profit organization by a group of concerned citizens to enhance and support local health care services;
- community-based volunteer board;
- purchased premises (old forestry building) May 2006, which is now known as the **Nelson and Area Wellness and Education Centre** and houses traditional and alternative medical personnel for a "one-stop" health centre;
- profits reinvested into health-care services.

### **Membership**

- present membership is over 1,400;
- each member has one vote no matter how many shares they own;
- shares are \$10 each (individuals) with corporations needing 10 shares = \$100. Any amount of shares can be purchased and they are good for a lifetime.
- Membership forms are available from the lobby of the **Wellness and Education Centre**, 518 Lake Street, and can be slid under the door of the Health Co-op Office (main floor, through lobby, turn left, first door on left with CFHC sign) or mailed to the address above. Your membership card will be mailed to you.

### **Present Occupants and their Specialties**

- acupuncture and natural health, Chinese medicine, chronic disease support, community services, educational programs, family counselling, hearing health care, herbal dispensary, housing outreach, kinesiology, massage, pre- and post-natal maternity support, pain and addictions management, seniors' support, social work, street outreach, together with physician, chiropractic and psychology practices.

### **Community Health Resource Centre**

- This is an area provided rent-free by the Partners of the **Wellness and Education Centre** for local health organizations. It houses their brochures and information with internet access to trusted sites and provides a meeting place for all non-profit organizations. Trained volunteers support individuals and families dealing with chronic disease, and provide prevention advice for the whole community. The organizations involved are ALS, Alzheimer, Arthritis, Brain Injury, Cancer, Heart & Stroke, Friends of Family, Hospice, Kidney, Kidsport, Lung, MS, Nelson Elders, Overeaters Anonymous, Parkinson's, Seniors Coordinating, and TOPS. CFHC is also the founding partner of the West Kootenay Community TEETH Clinic Society which offers low-cost dental services to area residents presently on a government program or with a family income of less than \$30,000. Application forms are available on our website [www.healthco-op.ca](http://www.healthco-op.ca) or at Seniors Coordinating Society, 719 Vernon, Nelson [www.nelsonseniors.ca](http://www.nelsonseniors.ca).

### **Future Hopes**

- to have our **Wellness and Education Centre** fully occupied. There is a meeting room included and secure inside storage available for your convenience. There are also secure storage rooms available for rent to the public and are accessible 24 hours a day. **Info:** [cfhcoop@shaw.ca](mailto:cfhcoop@shaw.ca) The Resource Centre meeting room (accommodates 20 people, internet, large table), as well as an open presentation room to showcase your products are available for rent to the public seven days/nights 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.

**Info:** Madeline, 778-919-5946 or [collinsmadeline@gmail.com](mailto:collinsmadeline@gmail.com)

- to be able to provide affordable housing for community residents;
- to continue providing health education and prevention seminars to the public.

**Benefits to Members** - We hope you will join with us in providing healthy solutions for healthy communities.

- personal satisfaction that you are helping support health care and seniors in your community in a small way. Your membership gives us more chances of obtaining funding for health education, seniors' care and affordable housing;
- Your membership entitles you to vote on important issues through Community First Health Co-op regarding health care, pre/postnatal maternity and children's support, seniors support, and housing in our community.