

## 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  
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) 250-352-1322; 250-352-1319 (fax)  
(Chiropractor and Massage Therapist) mckenziechiropractic@telus.net  
Kevin McKenzie DC (Hours: Mon.-8-5; Wed.-1-8; Fri.-8-5:30)  
Genevieve Sauviat RMT

**Dynamic Hearing Solutions Ltd.** (Suite 105 - Main Floor, left rear of building)  
(Hearing Health Care)(Better Business Bureau A+ Rating) 1-877-426-0079  
Brad Meulenbeld M.Sc., R-Aud(C), FAAA www.dynamichearingsolutions.ca

**Maggie Haley MSW, RCSW (Counselling)** 250-551-3042  
**Alan Friend RCC (Jungian Psychoanalyst)** 250-551-1272  
(Suite 105 - Main Floor, left rear of building)

**Timber Creek Forest Products Ltd.** (Suite 102 - Main Floor, right rear of building)  
Aaron Young 1-778-463-5357

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

**Nelson Community Services(NCS)** (Suite 201-2nd Floor, turn right) 250-352-3504 ; 250-352-3750 (fax)  
(Supporting Families, Youth and Individuals) (See affiliated programs/departments below)  
Rona Park, Executive Director (Ext. 223) rpark@servicesfyi.ca  
Pat Hendrickson, Administrative Assistant (Ext. 221) admin@servicesfyi.ca

**NCS Learning Centre** (Suite 107-Main Floor, through lobby, turn left, then right, office on left)  
**NCS Housing Outreach** (Suite 204 - 2nd Floor, turn left & follow hall, office on right)  
(Exploring housing accessibility)

**NCS Street Outreach** (Suite 204 - 2nd Floor, turn left & follow hall, office on right)

(Working with people living on the street)

**NCS Program Manager** (Suite 207 - 2nd Floor, turn left, first door on right)

**NCS Board/Meeting Room** (Suite 206 - 2nd Floor, turn left, first door on left)

**Community Health Resource Centre** (Main Floor, Centre Room) - Free education, prevention and support for chronic health issues, along with senior/family support and health promotion.  
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 250-551-9388, 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** - Tara Kowalchuk 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  
**Parkinson Society of B.C.** 1-800-668-3330  
**Rise Above Pain Society** (Chronic Pain Management) riseabovepainbc@gmail.com  
**Seniors Coordinating Society** - Lora Whitney 250-352-6008  
**TOPS** - Meets Mondays at 5:30 pm - Sheila 250-352-1131  
**West Kootenay Community TEETH Clinic Society** 250-352-3543/teethclinicwk@gmail.com  
(Information/eligibility forms - www.healthco-op.ca or Seniors Coordinating, 719 Vernon, Nelson)

**Custom Fit Inclusion and Employment Services (CFIT)** 250-352-6011; 778-463-2343 (fax)

**Nelson CARES Society** (Suite 106-Main floor, through lobby, turn left, then right, office on left)  
Zhenia Salikin, Manager (Ext 5270) zhenia@nelsoncares.ca  
Matthew Wilson-Birks (Ext 5271) matthew@nelsoncares.ca  
Alex Cormier (Ext 5241) alex@nelsoncares.ca

**Purcell Law** (Suite 105-Main Floor, left rear of building) 1-888-741-6299  
Christopher Smith, Barrister & Solicitor www.purcell-law.ca

(Specializing in complex injury claims arising from all types of accidents)

**Rise BC Wellness Centre** (Suite 203-2nd Floor, turn left & follow hall, office on left) 250-352-5259; 250-352-0323(fax)  
(Chronic pain and addictions support)

Joel Kailia MD; Devon Christie MD; Anna Topf (Kinesiology); Tara Emery (Social Worker)

Hours: Monday-Thursday - 9-4, Fridays - please call for hours as it varies

**A Touch of Bliss Massage** (Suite 103C - Main Floor, through lobby, turn left & follow hall, office to right)

(Eldercare and Chair Massage Specialist) (Supporting community since 2006) 250-505-4550  
(Member of Associated Bodywork and Massage Professionals (ABMP) atouchofblissmassage@gmail.com  
Karen Arnold BPhEd atouchofblissmassage.abmp.com

## COMMUNITY FIRST HEALTH CO-OP CONTACTS

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 250-551-9388; collinsmadeline@gmail.com

To become an individual member of our Community Service Co-operative (\$10 share), please contact cfhcoop@shaw.ca.

### 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 Community Service Co-operative)

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