

# 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

(Acupuncture, Cupping, Chinese Herbs, Registered Massage Therapy)

**Shauna Robertson, RTCMP** (Chinese Medicine Practitioner)

**Lauren Spizawka**, Registered Massage Therapist

**Sherri Bouliane**, Registered Massage Therapist

## Apple Tree Maternity

(One-Stop Maternity Care - pregnancy, birth and newborn)

**Jeanette Boyd MD, Lisa Sawyer MD**

**Ilene Bell RM, Michelle Cameron RM, Tanya Momtazian RM**

## Dr. Christy Bryceland

(Psychological services for children and adolescents)

## Community Chiropractic Clinic

(Chiropractor and Massage Therapist)

**Kevin McKenzie DC** (Hours: Mon.-8-5; Wed.-1-8; Fri.-8-5:30)

## Community First Wellness Studio

**Karen Arnold BPhEd** [www.karenarnold.abmp.com](http://www.karenarnold.abmp.com)

(Health/Wellness/Fitness Services for Seniors(55+), PWD and the Workplace Certified &

Accredited Personal Trainer, Seniors' Fitness Instructor & Bodyworker)

## Dynamic Hearing Solutions Ltd.

(Hearing Health Care)

**Brad Meulenbeld M.Sc., R-Aud(C), FAAA**

**Maggie Haley MSW, RCSW** (Counselling)

**Alan Friend RCC** (Jungian Psychoanalyst)

## Judah Harrison

(Barrister & Solicitor specializing in family and child protection law)

**Purcell Law - Christopher Smith**, Barrister & Solicitor

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

## Melissa Crawford, MD

(Medical Intuitive, Energy Medicine, Infrared Light Therapy, Kundalina Yoga)

## Kootenay Emergency Response Physicians Assn. (KERPA)

(Saving lives and helping the most critical ill and injured patients in our community)

[www.facebook.com/KERPAkoots](http://www.facebook.com/KERPAkoots)

**Miriam Ramsden**, Board Secretary (250-509-0309)

## Nelson District Teachers' Association

## Nelson & District Hospice Society

**Jane DiGiacomo/Leona Dimock**

(providing emotional, spiritual, practical care for the seriously ill and their families as well as grief support for the bereaved)(Also see West Kootenay Caregiver Support Program on other side)

## Nelson Community Services(NCS)

(Supporting Families, Youth and Individuals) (See affiliated programs

**Rona Park**, Executive Director (Ext. 223)

## NCS Learning Centre

## NCS Housing Outreach

(Exploring housing accessibility)

## NCS Street Outreach

(Working with people living on the street)

250-352-2167

[www.anhc.ca](http://www.anhc.ca); [shaunatcm@yahoo.ca](mailto:shaunatcm@yahoo.ca)

[laurenspezawka@gmail.com](mailto:laurenspezawka@gmail.com)

[sherbouliane@gmail.com](mailto:sherbouliane@gmail.com)

250-354-3884; 250-354-3894 (fax)

[www.appletreematernity.com](http://www.appletreematernity.com)

[appletreematernity@gmail.com](mailto:appletreematernity@gmail.com)

250-352-3001; 250-352-3022 (fax)

[cbryceland@telus.net](mailto:cbryceland@telus.net)

250-352-1322; 250-352-1319 (fax)

[mckenziechiropractic@telus.net](mailto:mckenziechiropractic@telus.net)

**Genevieve Sauviat RMT**

250-505-4550

## Suite 105 Offices

1-877-426-0079

[www.dynamichearingsolutions.ca](http://www.dynamichearingsolutions.ca)

250-551-3042

250-551-1272

250-777-2369/250-984-0808(fax)

1-888-741-6299

[www.purcell-law.ca](http://www.purcell-law.ca)

[www.MelissaCrawfordMD.com](http://www.MelissaCrawfordMD.com)

[MelissaCrawfordMD@gmail.com](mailto:MelissaCrawfordMD@gmail.com)

250-352-2288/[www.kerpa.org](http://www.kerpa.org)

[admin@kerpa.org](mailto:admin@kerpa.org)

[miriamramsdn9@gmail.com](mailto:miriamramsdn9@gmail.com)

250-354-9693/[www.ndta.ca](http://www.ndta.ca)

250-352-2337/[www.nelsonhospice.org](http://www.nelsonhospice.org)

[info@nelsonhospice.org](mailto:info@nelsonhospice.org)

250-352-3504; 250-352-3750 (fax)

[admin@servicesfyi.ca](mailto:admin@servicesfyi.ca)

[rpark@servicesfyi.ca](mailto:rpark@servicesfyi.ca)

**Community Health Resource Centre** (Main Floor, Centre Room) (Community meeting room for non-profit organizations). 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](mailto:collinsmadeline@gmail.com).

## Resource Centre Partners

**ALS (Lou Gehrig's Disease) Society of B.C.** - Bette-Lou Askew

**Alzheimer Society of B.C.** - Ruth Cordiner

- **Caregiver Support Group** - Gail Russell

**Arthritis Society** - Ashley Kroening

**Brain Injury Association (West Kootenay)** - Christine Pelletier

**Breast Cancer Society** - Maureen Hendry

**B.C. Lung Association** - Michael Jessen

**Canadian Cancer Society (B.C./Yukon)** - Lynette Wray

& Mia Gardiner

**Community First Health Co-op**

**Friends of Nelson Elders** (Contact Seniors Coordinating Society for information) 250-352-6008

**Heart & Stroke Foundation** - Nancy Liknes

**Kidney Foundation of Canada (B.C. Region)** - Sarah Popoff

**KidSport** - Graham Jamin

**MS Society of Canada** - Tara Kowalchuk

**Nelson Fresh Tracks Toastmasters Club** - Lilith Swetland

**Nelson Friends of the Family** - Marty Suttmoller

**Parkinson Society of B.C.**

**Rise Above Pain Society** (Chronic Pain Management)

**Seniors Coordinating Society** - Lora Whitney

**TOPS** - Meets Mondays at 5:30 pm - Sheila

**West Kootenay Community TEETH Clinic Society**

(Information/eligibility forms - [www.healthco-op.ca](http://www.healthco-op.ca) or Seniors Coordinating, 719 Vernon, Nelson)

## Custom Fit Inclusion and Employment Services (CFIT)

(Division of Nelson CARES Society)

**Zhenia Salikin**, Manager (Ext 5270)

**Matthew Wilson-Birks** (Ext 5271)

**Alex Cormier** (Ext 5241)

## Jackie Jonkheid, ARP

(Approved Reflexology Practitioner RABC -

Reflexology, nutritional and wellness advice)

## Rise BC Wellness Centre

(Chronic pain and addictions support)

**Dr. Kailia**; **Dr. Halstead**; **Anna Topf** (Kinesiology); **Monica Ander** (TCMP), **Tara Emery** (Social Worker)

## Sockeye Enterprises Inc.

(Modular Installations)

## Amy Veale

(Foot Care Nurse) [nelsonfootcare@outlook.com](mailto:nelsonfootcare@outlook.com)

## West Kootenay Caregiver Support Program

(providing 1:1 telephone support, facilitating task assistance and support group meetings for caregivers in the West Kootenay Boundary region - **Cara Bradley**)

## Dr. Martha Wilson MD

(Family Medicine Integrative Wellness Micro Clinic)

250-825-0020

1-778-774-2133/1-855-301-6742(toll free)

250-352-7444

1-604-714-5565

250-505-3349

250-551-3800

1-250-229-5632 (Balfour)

1-800-656-6426;1-888-939-9333 (Info Line)

250-364-0403/1-888-413-9911

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

250-352-6008

1-250-410-8202(local)/1-866-432-7833

250-352-3255

250-352-9583

1-800-268-7582, ext.7259

778-873-7582

250-551-5905

1-800-668-3330

[riseabovepainbc@gmail.com](mailto:riseabovepainbc@gmail.com)

250-352-6008

250-352-1131

250-352-3543/[teethclinicwk@gmail.com](mailto:teethclinicwk@gmail.com)

250-352-6011; 778-463-2343 (fax)

[zhenia@nelsoncares.ca](mailto:zhenia@nelsoncares.ca)

[matthew@nelsoncares.ca](mailto:matthew@nelsoncares.ca)

[alex@nelsoncares.ca](mailto:alex@nelsoncares.ca)

250-354-8152

[jjreflexology@gmail.com](mailto:jjreflexology@gmail.com)/[jjreflexology.ca](http://jjreflexology.ca)

250-352-5259; 250-352-0323(fax)

1-250-777-2932

[www.sockeyeenterprises.ca](http://www.sockeyeenterprises.ca)

250-352-9767

[www.nelsonfootcare.ca](http://www.nelsonfootcare.ca)

1-888-212-2337

250-354-7343

## 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 plus, 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, B.C. Association of Community Health Centres, and B.C. Rural Health Network

**NELSON AND AREA  
WELLNESS AND EDUCATION CENTRE**

**PARTNERS AND SERVICES**