

Partners of Community First Health Co-op (CFHC) Nelson and Area Wellness and Education Centre

(Partnerships supporting wellness for all in our communities) (Please follow the blue directional signs in the building)

OUTSIDE BASEMENT DOOR

Apple Tree Maternity
(One-Stop Maternity Care - pregnancy, birth and newborn)
Jeanette Boyd MD, Lisa Sawyer MD, Tanya Momtazian RM,
Lisa Delorme RM (Lactation Consultant), Judith Fearing RN LC (Perinatal Mental Health Support)
(Doula group in house starting in November)

250-354-3884; 250-354-3894 (fax)
www.appletreematernity.com
appletreematernity@gmail.com

Nest Massage Therapy (Pregnancy, newborn, lymphatic draining massage therapy)

Wild Berry Physiotherapy (Pelvic floor/women's health physio)

250-353-8655

FIRST FLOOR OFFICES (Right side of Building)

Acupuncture & Natural Health Clinic
(Acupuncture, Cupping, Chinese Herbs, Registered Massage Therapy)

250-352-2167

Shauna Robertson, RTCMP (Chinese Medicine Practitioner)
Registered Massage Therapists - Lauren Spizawka (laurenspezawka@gmail.com); Sherri Bouliane
(sherbouliane@gmail.com); Lauren Powers (250-352-2167)

www.anhc.ca; shaunatcm@yahoo.ca

Nelson District Teachers' Association

250-354-9693/www.ndta.ca

Nelson & District Hospice Society

Jane DiGiacomo/Leona Dimock

(emotional, spiritual, practical care for the seriously ill and their families as well as grief support for the bereaved)

250-352-2337/www.nelsonhospice.org
info@nelsonhospice.org

West Kootenay Caregiver Support Program - Cara Bradley

1-888-212-2337

(providing 1:1 telephone support, facilitating task assistance and support group meetings for caregivers)

Community Education and Support Services

250-608-9280

(Thrive Tutoring Services) www.communityess.ca

admin@community.ess.ca

FIRST FLOOR OFFICES (Left Side of Building)

Dr. Christy Bryceland

(Psychological services for children and adolescents)

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

cbryceland@telus.net

Wharfhouse Business Services

(Payroll, bookkeeping, corporate and personal tax planning, filing,

accounting support and corporate financial analysis)

Muazam A. Chaudhry (Mac) CPA(Delaware), CA(ICAEW)

250-352-5191

www.wharfhouse.ca

mac@wharfhouse.ca

Custom Fit Inclusion and Employment Services (CFIT)

250-352-6011

(Division of Nelson CARES Society)

Zhenia Salikin, Manager (Ext 5270)(zhenia@nelsoncares.ca); Matthew Wilson-Birks(matthew@nelsoncares.ca)

778-463-2343 (fax)

CUPE Local 748 (Union Organization)

Michelle Bennett, President

Antia Early, Vice-President

Laura Barkwell MSW RCC, EMDR Counsellor

(Counselling)

michelleb748@gmail.com

aearly694@gmail.com

250-551-2650

laura.barkwell@gmail.com

SUITE 105 OFFICES (Main Floor, Left Hallway, Rear of Building)

Dynamic Hearing Solutions Ltd.

(Hearing Health Care) Brad Meulenbeld M.Sc., R-Aud(C), FAAA

Trevor Hancheroff BA, BC-HIS (Hearing Instrument Practitioner)

Alan Friend RCC (Jungian Psychoanalyst)

Elly Boer RCC, MC:AT, DVATI (Counselling and Art Therapy)

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)

Kootenay Emergency Response Physicians Assn. (KERPA)

(Saving lives and helping the most critical ill and injured patients

in our community)

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

1-877-426-0079

www.dynamichearingsolutions.ca

250-551-1272

250-777-3844

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

1-888-741-6299

www.purcell-law.ca

250-352-2288/www.kerpa.org

www.facebook.com/KERPAkoots

admin@kerpa.org

miriamramsd9@gmail.com

FIRST FLOOR MIDDLE ROOM

Community Health Resource Centre (Meeting Room for building a healthier community)

To book, contact Madeline at 250-509-0343, 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. - Ruth Cordiner

1-778-774-2133/1-855-301-6742(to

- 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 (In

& Mia Gardiner

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

Friends of Nelson Elders (Contact Seniors Coordinating Society for information)

250-352-6998

Heart & Stroke Foundation - Nancy Likness

1-250-410-8202(local)/1-866-432-71

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 Fresh Tracks Toastmasters Club - Lilith Swetland

778-873-7582

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

250-352-6008

TOPS - Meets Mondays at 5:30 pm - Sheila

250-352-1131

West Kootenay Community TEETH Clinic Society

250-352-3543/teethclinicwk@gmai

(Information/application forms - www.healthco-op.ca or Seniors Coordinating, 719 Vernon, Nelson))

SECOND FLOOR OFFICES

Nelson Community Services (NCS)

(Supporting Families, Youth and Individuals)

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

admin@servicesfyi.ca

Kathleen Newson, Executive Director (Ext. 223)

knewson@servicesfyi.ca

Community Chiropractic Clinic

(Chiropractor and Massage Therapist)

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

mckenziechiropractic@telus.net

Kevin McKenzie DC (Hours: Mon.-8-5; Wed.- Noon-7; Fri.-8-5)

Genevieve Sauviat RMT

Rise BC Wellness Centre

250-352-5259

(Chronic pain and addictions support)

778-463-4999 (Fax)

Dr. Kailia; **Dr. Halstead**; **Monica Ander** (TCMP), **Forrest Mac Ivor**

SUITE 203b OFFICES (Second Floor, Left Hallway, Green Waiting Area)

Freedom Quest Youth Services Society

(providing youth services and support)

1-250-505-9804

www.freedomquestyouthservices.

Mandy Root, Youth Substance Abuse Councillor

Lauren Heckley Counselling MC

1-403-679-8530

(Sliding Scale Counselling)

www.counsellingwithlauren.com

Amy Veale

250-352-9767

(Foot Care Nurse)

www.nelsonfootcare.ca

Dr. Martha Wilson MD

250-354-7343

(Family Medicine Integrative Wellness Micro Clinic)

778-774-2228 (Fax)

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 (internet, coffee bar and 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 250-509-0343; 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

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, 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