

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)

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)

Shauna Robertson, RTCMP (Chinese Medicine Practitioner)

Registered Massage Therapists - Lauren Spizawka (laurenspezawka@gmail.com); Sherri Bouliane

(sherbouliane@gmail.com); Lauren Powers (250-352-2167)

Nelson District Teachers' Association

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)

West Kootenay Caregiver Support Program - Cara Bradley

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

Community Education and Support Services

(Thrive Tutoring Services) www.communityess.ca

FIRST FLOOR OFFICES (Left Side of Building)

Dr. Christy Bryceland

(Psychological services for children and adolescents)

Wharfhouse Business Services

Custom Fit Inclusion and Employment Services (CFIT)

(Division of Nelson CARES Society)

Zhenia Salikin, Manager (Ext 5270)

Matthew Wilson-Birks

CUPE Local 748 (Union Organization)

Michelle Bennett, President

Laura Barkwell

(Counselling)

Dynamic Hearing Solutions Ltd.

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

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

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)

Kootenay Emergency Response Physicians Assn. (KERPA)

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

Kim Palfenier, Office Coordinator, Part time

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

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

www.appletreematernity.com

appletreematernity@gmail.com

250-352-2167

www.anhc.ca; shaunatcm@yahoo.ca

250-352-2167

250-352-2337/www.nelsonhospice.org

info@nelsonhospice.org

1-888-212-2337

250-608-9280

admin@communityess.ca

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

cbryceland@telus.net

250-352-5191

250-352-6011

778-463-2343 (fax)

zhenia@nelsoncares.ca

matthew@nelsoncares.ca

michelleb748@gmail.com

laura Barkwell@gmail.com

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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

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

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

Heart & Stroke Foundation - Nancy Likness

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

TOPS - Meets Mondays at 5:30 pm - Sheila

West Kootenay Community TEETH Clinic Society

(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)

Kathleen Newson, Executive Director (Ext. 223)

Community Chiropractic Clinic

(Chiropractor and Massage Therapist)

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

Rise BC Wellness Centre

(Chronic pain and addictions support)

Dr. Kailia; Dr. Halstead; Monica Ander (TCMP),

Suite 203b Offices (Second Floor, Left Hallway, Green Waiting Area)

Freedom Quest Youth Services Society

(providing youth services and support)

Tina Tew MSW, Executive Director

Lauren Heckley Counselling MC

(Sliding Scale Counselling)

Amy Veale

(Foot Care Nurse)

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

250-352-6998

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

250-352-6008

250-352-1131

250-352-3543/teethclinicwk@gmail.com

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

admin@servicesfyi.ca

knewson@servicesfyi.ca

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

mckenziechiropractic@telus.net

Genevieve Sauviat RMT

250-352-5259

778-463-4999 (Fax)

1-250-608-0997

www.freedomquestyouthservices.ca

1-403-679-8530

250-352-9767

www.nelsonfootcare.ca

250-354-7343

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