

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 - Suite 1 250-354-3884; 250-354-3894 (fax)
 (One-Stop Maternity Care - pregnancy, birth and newborn) www.appletreematernity.com
 Jeanette Boyd MD, Lisa Sawyer MD, Tanya Momtazian RM, appletreematernity@gmail.com
 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 - Suites 101-104b (Right side of Building)

Acupuncture & Natural Health Clinic - Suite 101 250-352-2167
 (Acupuncture, Cupping, Chinese Herbs, Registered Massage Therapy)
 Shauna Robertson, RTCMP (Chinese Medicine Practitioner) www.anhc.ca/shaunatcm@yahoo.ca
 Registered Massage Therapists - Lauren Spizawka (laurenspezawka@gmail.com); Sherri Bouliane (sherbouliane@gmail.com); Lauren Powers (250-352-2167)

Nelson District Teachers' Association - Suite 102a 250-354-9693/www.ndta.ca

Nelson & District Hospice Society - Suite 102b 250-352-2337
 Jane DiGiacomo/Leona Dimock/www.nelsonhospice.org info@nelsonhospice.org
 (emotional, spiritual, practical care for the seriously ill and their families & grief support for the bereaved)

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 - Suite 103 250-608-9280
 (Thrive Tutoring Services) www.communityess.ca admin@communityess.ca

CUPE Local 748 - Suite 103c (Union Organization)
 Michelle Bennett, President michelleb748@gmail.com
 Antia Early, Vice-President aearly694@gmail.com

Laura Barkwell MSW RCC, EMDR Counsellor - Suite 104b 250-551-2650
 (Counselling) laura.barkwell@gmail.com

FIRST FLOOR OFFICES - Suites 105-113 (Left Side of Building)

Dr. Christy Bryceland - Suites 112/113 250-352-3001; 250-352-3022 (fax)
 (Psychological services for children and adolescents) cbryceland@telus.net

MACH - Accountants & Advisors - Suite 107 250-352-5191
 (Corporate Tax & Planning, T2 Preparation & Filing, www.machaccounting.com
 Year-End Financial Statement with Notice To Readers) muazam@machaccounting.com
Wharfhouse Business Services - Suite 107 250-352-5191

(T1 Personal Tax for Employed, Self-employed, Filing, www.wharfhouse.ca
 Bookkeeping & Payroll for Small Businesses) mac@wharfhouse.ca
 Muazam A. Chaudhry (Mac) CPA(Delaware), CA(ICAEW)

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

Dynamic Hearing Solutions Ltd. (Hearing Health Care) 1-877-426-0079
 Brad Meulenbeld M.Sc., R-Aud(C), FAAA www.dynamichearingsolutions.ca
 Trevor Hancheroff BA, BC-HIS (Hearing Instrument Practitioner)

Alan Friend RCC (Jungian Psychoanalyst) 250-551-1272
Eily Boer RCC, MC:AT, DVATI (Counselling and Art Therapy) 250-777-3844
Judah Harrison 250-777-2369; 250-984-0808(fax)

(Barrister & Solicitor specializing in family and child protection law)
Purcell Law - Christopher Smith, Barrister & Solicitor 1-888-741-6299
 (Specializing in complex injury claims from all types of accidents) www.purcell-law.ca
Kootenay Emergency Response Physicians Assn. (KERPA) 250-352-2288/www.kerpa.org
 (Saving lives and helping the most critical ill and injured patients www.facebook.com/KERPAkoots
 in our community) Kim Palfenier, Office Coordinator, Part time admin@kerpa.org
 Miriam Ramsden, Board Secretary (250-509-0309) miriamramsd9@gmail.com

FIRST FLOOR (Middle Room)

Community Health Resource Centre (Meeting Room for building a healthier community)
 (Non-profits can book the meeting room free of charge by purchasing a refundable \$100 Co-op membership)
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(toll free)
 - 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
Friends of Nelson Elders (Contact Seniors Coordinating Society for information) 250-352-6998
Heart & Stroke Foundation - Nancy Likness 1-250-410-8202(local)/1-866-432-7833
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 Fresh Tracks Toastmasters Club - Lilith Swetland 778-873-7582
Nelson Friends of the Family - Tatiana Petrov (hello@nelsonfriendsofthefamily.ca) 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@gmail.com
 (Information/application forms - www.healthco-op.ca or Seniors Coordinating, 719 Vernon, Nelson)

SECOND FLOOR OFFICES - Suites 201-207

Nelson Community Services (NCS) - Suite 201 250-352-3504; 250-352-3750 (fax)
 (Supporting Families, Youth and Individuals) admin@servicesfyi.ca
 Kathleen Newson, Executive Director (Ext. 223) knewson@servicesfyi.ca
Community Chiropractic Clinic - Suite 205 250-352-1322; 250-352-1319 (fax)
 (Chiropractor and Massage Therapist) mckenziechiropractic@telus.net
 Kevin McKenzie DC (Hours: Mon.-8-5; Wed.- Noon-7; Fri.-8-5) Genevieve Sauviat RMT

Rise BC Wellness Centre - Suite 203 250-352-5259
 (Chronic pain and addictions support) 778-463-4999 (Fax)
 Dr. Kailia; Dr. Halstead; Monica Ander (TCMP, RTCMP, R.Ac, Osteopathy), Forrest Mac Ivor

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

Insight Quest Counselling (Couple's and Men's Counselling) 250-354-8854
 Alon Gelcer
Counselling with Lauren (Sliding Scale Counselling) 1-403-679-8530
 Lauren Heckley, MC, RCC www.counsellingwithlauren.com
Amy Veale LPN 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 Room

Non-profits working for a healthier community can book the Resource Centre free of charge by purchasing a refundable \$100 Co-op membership.

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.

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



(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](https://www.facebook.com/CommunityFirstHealthCo-op)

Twitter: [@CFHCoop](https://twitter.com/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