

April 2023 Issue
Health Department

Community Services Newsletter



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GIRLS SPA NIGHT



Open to all girls 9+ who would like to connect with each other and practice self-care.

When: Tuesday, May 2nd
From: 4-7 pm

Hosted at house #48
in Ty-Histanis



Activities will include facemasks with Dezeræ and Neleeta while we begin discussing female hygiene and more!

Snacks and beverages will be provided



If you have any questions, please contact Dezeræ Seitcher:
upholdingourwomen@tla-o-qui-aht.org



TLA-O-QUI-AHT
FIRST NATION



Elders Lunch



**Tuesday, May 9th, 2023
12:00pm**

**Tiic-Mis-Aq'Kin Health Center
in Ty-Histanis**

Hosted by the Health Team

If you have any questions please call:

250-725-3335



EYE EXAMS & GLASSES

FRIDAY MAY 12TH, 2023



A proud First Nations health provider. We frequently service several nations within British Columbia, and we are excited to bring our services to you!

Eye exams on site!

Frame selections available!

Direct billing to FNHA through PBC

Glasses delivered right back to the community!

To book an appointment call (250) 725-3335



<https://www.eyepiusclinic.ca>



(250) 725-3335



The Tla-o-qui-aht First Nations

A bright yellow sun with black rays is positioned above a blue horizon line. Above the sun, three black birds are flying in a V-formation against a light blue sky with white clouds.

Youth Seafood Harvesting

*With: Neleeta Frank, Dezeræ Seitcher
Lorena Frank, Lacey Adams, & Randall Atleo Sr*

Inviting our youth to harvest seafood for the upcoming Mother's Day Celebration on Friday, May 12th, and Saturday, May 13th

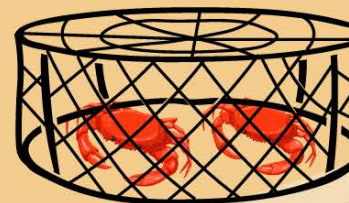
- Any youth that are interested will need to have a permission slip signed to attend. (anyone under the age of 8 will need to be accompanied by an adult)
- There will be 25 spots available, if there is more interest we can arrange for more boat transportation
- The estimated departure time is 12 pm from 1st Street dock and will return around 4 pm
- Snacks and beverages will be provided, but please dress accordingly

A cluster of pink, tube-like coral structures is located in the bottom left corner of the poster.

For more information, please contact the following:
Dezeræ Seitcher- upholdingourwomen@tla-o-qui-aht.org
Neleeta Frank- youthleaderneleeta@tla-o-qui-aht.org



TLA-O-QUI-AHT
FIRST NATION



**Denturist: Jeremy Duprat will be in Ty-Histanis From
Monday May 15th to Wednesday May 17th 2023,**

**We are taking appointment times:
please call the Tiic-Mis-Aq'Kin Health Center:
250-725-3335**

TLA-O-QUI-AHT welcomes

Denturist

Jeremy Duprat, R.D.



Jeremy currently works with other First Nations communities and we are happy to welcome him here to provide on-reserve denture services.

- Are you missing any teeth?
- Do you have dentures that are older than 5 years?

If you answered yes to any of the above questions, Jeremy will be seeing patients at the Health Centre, **May 15th-17th 2023**

Please call **250-725-3335** to book an appointment



If you would like to make an appointment please call the Tiic-Mis-Aq'Kin Health Center with this information:

1. Full Name
2. Status #
3. Phone #
4. Do you need Partial or Full Dentures?



DANIELLE SERGE (SHE/HER)

COMMUNITY COUNSELLOR: YOUTH AND ADULT COUNSELLING



Danielle has been working in the mental health field for a decade. Danielle's practice is grounded in working from a trauma-informed lens that integrates western and holistic healing practices, understanding that every individual carries with them unique life experiences that impact and shape their world view. Danielle supports youth and adults who have experienced or are experiencing trauma, depression, addiction and/or anxiety. She is passionate about meeting individuals where they are at and counselling is always client led, which can look like, connecting on the land, creative arts, CBT, mindfulness, and movement. Whatever works best for the individual to reach their goals and move forward in their healing journey in the best way possible. Counselling with Danielle may look like supporting individuals to unpack and process trauma, working with people to integrate healthy harm reduction practices into their life, developing healthier communication techniques, and/ or advocacy. Danielle holds a Master of Social Work in Indigenous Trauma and Resiliency from the University of Toronto.

Outside of work Danielle loves spending time running in the trails, paddle-boarding at the lake or spending time at home with a good book and relaxing with her puppy.

**Danielle can be reached on Thursdays & Fridays at:
250-735-6522 or info.danielleserge@gmail.com**



CULTURE ACTIVITY NIGHT



Every Sunday

6:00pm-10:00pm

Tiic-Mis-Aq'Kin Health Center

Join us in a night of cultural activities:

Lahal Nights

Sewing

Regalia Making

Drum Making

Beading



IF YOU HAVE ANY QUESTIONS PLEASE

REACH OUT TO LACEY:

250-266-2004

Prenatal Support Group

With NTC Nurse Jenni Williams

Every Other Wednesday Starting March 29th,
at the Tiic-Mis-Aq'Kin Health Center in
Ty-Histanis
11:00am-1:30pm

A safe space where everyone is welcomed to
share wisdom on all things pregnancy related,

Join us for:

- Socializing
- Snacks and Beverages
- Questions and Answers
- Pregnancy Topics

If you have any questions please call the
Tiic-Mis-Aq'Kin Health Center: 250-725-3335



We look forward to seeing you!

Warmth, Shelter, Food *AA Program* Hosted by Alan Smith

Every Sunday
Starting April 2nd, 2023

Location: Tiic-Mis-Aq'Kin
Health Center In Ty-Histanis
Time: 7pm-8pm

If you have any questions please reach
out to Alan by Email:
smithalan787@yahoo.com

Or call the Tiic-Mis-Aq'Kin Health
Center:
250-725-3335

*Rides from 1st street dock will be
available for those wanting to attend
from Opitsaht:
Please meet at the 1st street dock at 6pm*

**TLA-O-QUI-AHT
FIRST NATION
CULTURE NIGHT**

Thursday's

7pm-9pm

Tiic-Mis-Aq'Kin Health Center

Any questions please call

Catherine Thomas

250-725-3335







**Tla-o-qui-aht First Nation
Culture Night
in Port Alberni**

Every Tuesday
7:00pm-9:00pm

Hosted at
Alberni Valley United Church
3747 Church Street

For more information please call the
Health Center:
250-725-3335
or Catherine Thomas:
250-266-0625





YOUTH

DROP-IN

NIGHT



**HOSTED AT TIIC-MIS-AQ'KIN
HEALTH CENTER
WITH LACEY ADAMS**

AGES 6+

**COME JOIN IN FOR SOME
GAMES AND SNACKS**

FRIDAY AND SATURDAY

FROM 6PM-10PM

**MORE DATES OF OTHER
ACTIVITIES COMING SOON!**



TLA-O-QUI-AHT FAMILY SWIM



**FAMILY SWIM DAYS!
IN UCLUELET
EVERY SUNDAY**

12:00PM-4:00PM



**IF YOU ARE INTERESTED
PLEASE SIGN UP WITH
LACEY ADAMS:**



250-725-3335

OR

activitycoordinatorlacey@tla-o-qui-aht.org

**RIDES CAN BE ARRANGED:
THEY WILL HAVE TO BE
CONFIRMED EACH WEEK**



Opitsaht Elder Information



Breakfast every Tuesday at MICC

9am

Lunch every Thursday at MICC

12pm

Shopping on Monday's and Friday's

Prescription pick-up when needed

For more information please contact

Catherine Williams:

250-725-3233

eldersupportcatherine@tla-o-qui-aht.org



TLA-O-QUI-AHT
FIRST NATION



Patient Travel Information



**With the Kennedy Hill opening up the roads full time,
Patient Travel Support will be as follows:**

***Overnights for Esowista and Ty-histanis will now be
appointments before 9:00am***

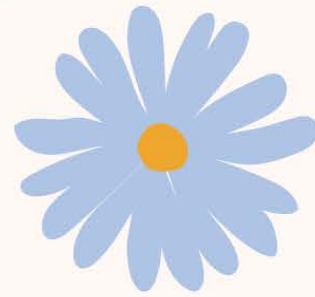
***Overnights for Opitsaht will be appointments before
9:30am***

Meals will be issued for 6+ hour travel times.

Port Alberni day trips will no longer receive day meals.

**If you have any questions or concerns,
please call Marissa Sampson George at 250-725-3335
or Hazel Curley at 250-725-3233**

DR. MARSHALL IN TY-HISTANIS



**Dr. Marshall will be in Ty-Histanis
Every Tuesday at the
Tiic-Mis-Aq'Kin Health Center**

Limited space available:

**Please call the Health Center the
morning/day of to be added to the
appointment list.**

250-725-3335

Thank you very much!



TLA-O-QUI-AHT
FIRST NATION



Pilates!

Hosted by **Marissa Sampson-George**

at the

Tiic-Mis-Aq'Kin Health Center

Every Monday and Wednesday 5:00pm-7:00pm

If you have any questions, please email Marissa at:

tyhistanisintake@tla-o-qui-aht.org



VACCINE INFORMATION



If you are still needing your
1st, 2nd, 3rd, or booster
vaccine please contact
Christine Curley

Tiic-Mis-Aq'Kin Health Center:
250-725-3335

Patient Travel Check List



- Appointment is booked

Confirmation or appointment card is sent one of the following ways:

250-725-3980 (FAX) or email:

tyhistanisintake@tla-o-qui-aht.org

opitsahtintake@tla-o-qui-aht.org

Drop off to one of our offices:

Tiic-Mis-Aq'kin Health Center or Meares Island Cultural Center

Before Departure to appointment: Please pick up a boat ticket from Hazel at MICC

If confirmation was not delivered in person please call to confirm that it has been received: 250-725-3335

Please include:

- Physical address
- Date of birth
- Status Number
- Care Card Number
- Direct Deposit information if required
- Email address /phone number for communication

Intake workers responsibility- please provide:

To inform you that your patient travel has been approved- when you will receive your deposit or cheque

Amount outlined for travel and meals

If your medical trip is approved for an overnight stay and where you will be booked to stay

If you have any questions or concerns regarding your patient travel, please call:

Marissa Sampson George 250-725-3335

Hazel Curley 250-725-3233

Annastasia Campbell 250-725-3335

After Hours Emergency Number: 250-725-8030

Please note, after-hours are rotated between staff. If there is no answer please leave your name and number and the time you called and the worker will return your call as soon as they can.

AFTER HOURS INFORMATION

**After Hours Emergency Line For
Patient Travel:**

250-725-8030

**After Hours Emergency Line For
Family Care:**

250-725-4483

**Please use these phone numbers *weekdays after 4:30pm*
and on *weekends* for emergencies regarding
*Patient Travel and Family Care.***

Please Note: After Hours is rotated between staff.

***If there is no answer please leave your name and number and
the time you called and the worker will return your call as soon
as they can***