

# ZEST

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Plantar Fasciitis  
Seniors guide  
And much more

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# To thrive this winter, use your ZEST

By Pieta Woolley, Editor

At just 40 years old, *qathet Living's* new front-office whiz Angela Richards spent her summer doing stuff seniors like. Bingo at Assumption. Drinks at The Legion. Boat watching in Lund.

Her parents are in the process of moving here from Ontario, and she was playing tour-guide to their new home. Part of being a thoughtful host is considering the tastes of those you are shepherding around. In this case, her parents, who are seniors, like to meet new people, try new things, and enjoy life. Who doesn't? Turns out, Ange had a blast with her bingo dabber.

So when a reader came into our office and said, "I don't know what there is for seniors to do in this town, and I don't even know how to find out. You guys should do something," Ange was on the job. On Page 7, you can see the result of her fine work: qL's first ever Seniors' Activity Guide.

At first glance, it's simple: darts here, dancing there. But it's really a hopeful call-out to everyone who has been stuck at home for two winters in a row avoiding COVID: come back! Life is good again!



In this issue of *ZEST*, I hope you find all kinds of inspiration to grab ahold of life again.

Isolation had a terrible impact on locals' mental health. But so does pain. Plantar Fasciitis, an all-too-common inflammation in the fascia of your feet, can stop people from exercising and socializing. On Page 4, several qathet-based experts weigh in on how to manage your feet – and get back to your lovely life – for the long-term.

In the health listings, you'll find services you're familiar with (such as medical and dental clinics), and services that may be new to you. Fall is an ideal time to gently check in with yourself and find the resources you'll need to thrive through the winter. This might include pre-booking sessions with a counsellor, or a massage therapist. Or trying a new-to-you modality, such as Traditional Chinese Medicine, speech-language therapy, or hypnotherapy.

The key is connecting with others – specialists, and just other humans on the journey to better health – as Emily Jeankins does in her evocative column on pelvic steaming on Page 22. I hope that as you pursue your own health goals this season, you experience the care and attention that seeps out of every sentence in Emily's story. **Z**

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On the Cover:  
Wild rose petals collected for pelvic bowl steaming with qathet practitioners Amber Friedman and Lana Joy Parra.  
Photo by Lana Joy Parra.

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# It's no-fault Plantar Fasciitis

Anyone can get this pain-in-the-foot inflammation. Most can get rid of it, too.

The average person takes 10,000 steps a day. Sometimes a change in activities or footwear will cause pain in their feet. Sometimes pain begins with no known reason. If that happens, Dr. David Mann of Powell River Sports Medicine Clinic (PRMSC) is here to help.

If you got out of bed one morning, stood up and felt like you're walking on a bed of nails, you may have plantar fasciitis.

Dr. Mann has been treating patients with plantar fasciitis for 30 years. He says the reason why the foot of someone with plantar fasciitis hurts first thing in the morning is because "we sleep in a shortened position and the fascia trying to heal. When you step on it you open it up again." The same thing happens if you sit for 45 minutes and then stand up - the tissue is always trying to heal itself.

"It's like a scab you pick off every morning. It's sore for 20 minutes and then it simmers down to a dull ache," he explained.

The plantar fascia is a thick tissue that covers the bones on the bottom of the foot. It extends from the heel to the toes and acts like a rubber band to create tension, which maintains the arch of the foot. When this tissue becomes swollen or inflamed, it is called plantar fasciitis. "It (the band) goes from the heel bone and spreads out in a weblike fashion to your five toes - the one on the biggest toe is the thickest and is usually the one



that hurts the most," said Dr. Mann.

Plantar fasciitis is one of the most common causes of heel pain.

Dr. Mann says there's still no good answer out there as to why some people get it and others don't. "After 30 years I still have no good correlation." He's seen very slim people with it, heavy people, runners and more. "Just because you have flat feet doesn't mean you will have it and some people with very high arches get it."

However, he said it's pretty unusual for in someone in their 20s or 30s. "Our tissues are stiffer when we are older," he said.

When a patient with plantar fasciitis comes to see him the first thing he does is put them in a supported insole - Pagani's Shoes on Marine Avenue carries a few varieties - and he

suggests that they try them out there. "You have to leave the shop with an insole that is more comfortable than what you walked in with."

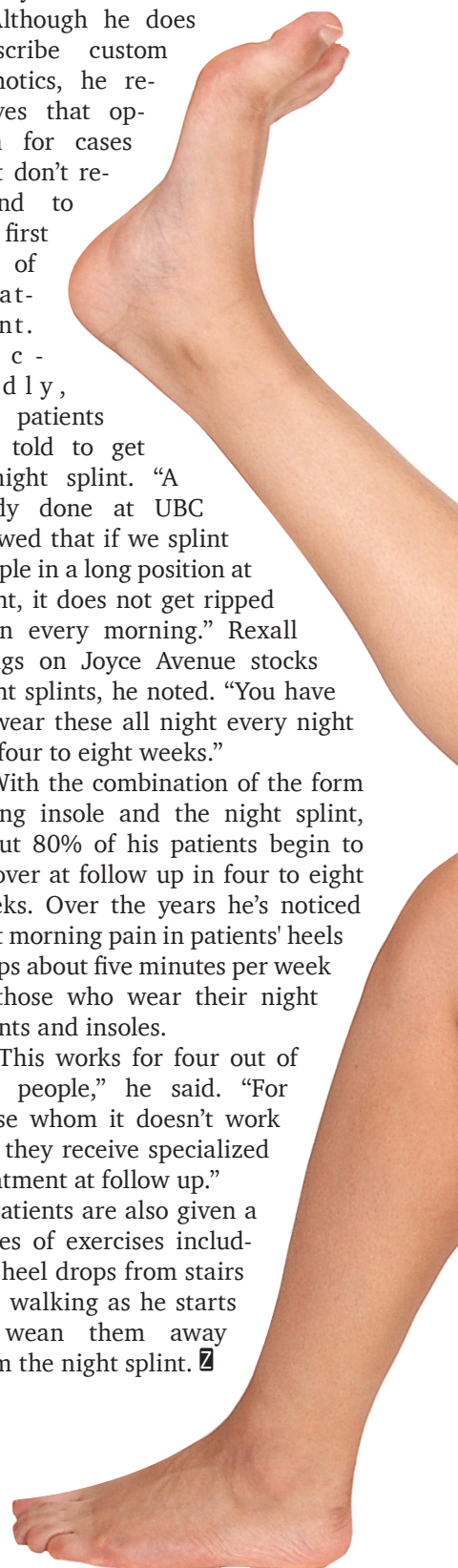
Although he does prescribe custom orthotics, he reserves that option for cases that don't respond to the first line of treatment.

Secondly, all patients are told to get a night splint. "A study done at UBC showed that if we splint people in a long position at night, it does not get ripped open every morning." Rexall Drugs on Joyce Avenue stocks night splints, he noted. "You have to wear these all night every night for four to eight weeks."

With the combination of the form fitting insole and the night splint, about 80% of his patients begin to recover at follow up in four to eight weeks. Over the years he's noticed that morning pain in patients' heels drops about five minutes per week in those who wear their night splints and insoles.

"This works for four out of five people," he said. "For those whom it doesn't work for, they receive specialized treatment at follow up."

Patients are also given a series of exercises including heel drops from stairs and walking as he starts to wean them away from the night splint. **Z**



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# HEALTH BRIEFS

## Caregivers Support Group

Are you caring for someone with Alzheimer’s disease or other kind of dementia?

We know from our own experiences how challenging this caregiving role can be...

Caring for someone with Alzheimer’s disease or other form of dementia can be a challenging and often overwhelming task. Our confidential support group is for caregivers of individuals living with any kind of dementia. Group members share experiences, information, and useful strategies – and in doing so support each other through the caregiving journey. The facilitator guides the group process. We have a small lending library available to group members; and we distribute useful information and updates at the meetings and via by-monthly emails.

We meet the second Wednesday of each month between 10 am and

12 pm in the Lower Legion Hall. Please contact the facilitator for more information: Malerie Meeker at [malerie.meeker@gmail.com](mailto:malerie.meeker@gmail.com)

## The vision: Hospice House

The Hospice Society is a local registered charity that provides compassionate support to individuals at the end of their life, to their family and friends, and to those who are grieving in Powell River, qathet Regional District, and Tla’amin.

Our objective is to create a community where all people are accompanied and supported on their end-of-life or bereavement journey. You can learn more about hospice and hospice programs at our website: [prhospice.org](http://prhospice.org)

Our Society is launching a new project–Hospice House. Hospice House will be a facility where individuals can go to receive both palliative care and hospice support in a

home-like environment as they approach the end of life.

Hospice House will welcome families and friends to stay with their loved one as well as receive hospice bereavement support.

Hospice House will be a new community service; and we believe it needs to reflect the values and vision of the entire qathet region. To that end, we are engaging community in a number of ways to learn more about your thoughts and ideas for Hospice House.

The first in the process is an online survey. Your time and opinions are important to the Society as we advance the vision and then the reality of Hospice House for our community. Using the link below, we encourage you to respond to our brief survey; it typically takes about 5 minutes. The information we gather will assist us in our decision making as the project moves forward. [surveymonkey.com/r/QQFMXDC](https://surveymonkey.com/r/QQFMXDC)

~ Malerie Meeker, Hospice Society

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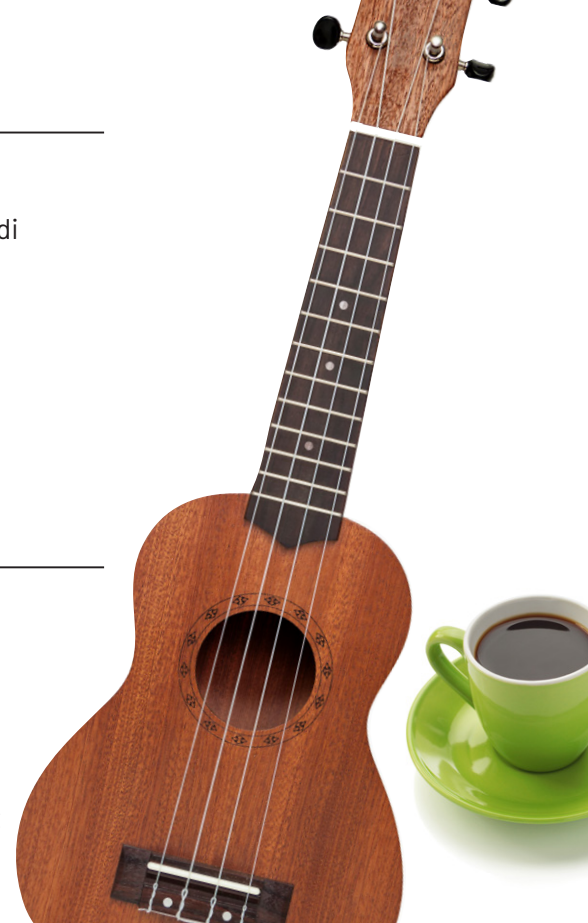
Now at **200-4440 Marine Avenue,** beside Duke & Company, above Suncoast Sign & Design

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Call 604-414-7815 or view schedules and book online at [suncoastintegratedhealth.com](http://suncoastintegratedhealth.com)

Day	Time	Organization	Activity
<b>Monday</b>	10am	Seniors Centre	*Ukulele
	10am	Gerry Gray Place	Drop-in
	10:30am	Gerry Gray Place	Walking Group with Jodi
	1pm	Seniors Centre	Carpet Bowling
	1pm	Legion	Carpet Bowling
	1pm	Rec Complex	Table Tennis
	1pm	Gerry Gray Place	Stitch 'N' Chat
	4pm	Rec Complex	Pickleball
	7pm	Seniors Centre	*Cards
	7pm	Legion	Darts
7pm	Legion	Cinch	
<b>Tuesday</b>	9am	Seniors Centre	Horseshoes
	10am	Seniors Centre	*Tai Chi
	10am	Gerry Gray Place	Drop-in
	1pm	Seniors Centre	*Catan Boardgames
	1pm	Rec Complex	Table Tennis
	1pm	Gerry Gray Place	Groove Dancing
	2pm	Seniors Centre	*Drop-in Coffee & Chat (3 <sup>rd</sup> Tuesday of Month)
7pm	Legion	Fun Darts	
<b>Wednesday</b>	10am	Gerry Gray Place	Drop-in
	11:30am (Sept - Dec)	Rec Complex	Seniors Together (3 <sup>rd</sup> Wed of Month)
	12pm	Gerry Gray Place	Luncheon
	4pm	Rec Complex	Pickleball
	6pm	Rec Complex	Table Tennis
<b>Thursday</b>	9am	Seniors Centre	*Seniors Auxiliary
	9am	Seniors Centre	Elly Quilters
	9:30am	Seniors Centre	Thursday Quilters
	9:30am	Gerry Gray Place	Men's Coffee Mornings
	10am	Gerry Gray Place	Drop-in
	12:30pm	Seniors Centre	*Drop-in Tech Tips (3 <sup>rd</sup> Thursday of Month)
	1pm	Legion	Shuffleboard
	1pm	Gerry Gray Place	Chair Yoga
	6pm	Rec Complex	Table Tennis
7pm	Seniors Centre	Dance - Light Exercise	
<b>Friday</b>	10am	Gerry Gray Place	Drop-in
	1pm	Seniors Centre	*Bridge
	1pm	Rec Complex	Table Tennis
	4pm	Rec Complex	Pickleball
<b>Sunday</b>	1pm	Rec Complex	Pickleball (Free coaching until 2pm)



# Seniors' Activities

**Contact Numbers:**  
 Seniors Centre: 604-414-9456  
 Gerry Gray Place: 604-485-4008  
 Rec Complex: 604-485-2891  
 Legion: 604-485-4870

*Some activities may be subject to membership requirements or activity fees. Please contact the organization for more details.*

\* Activities with an asterisk may not operate in July & August. Contact Powell River Seniors Centre for info: 604-414-9456

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– Mervin Banting, Pharmacy Manager

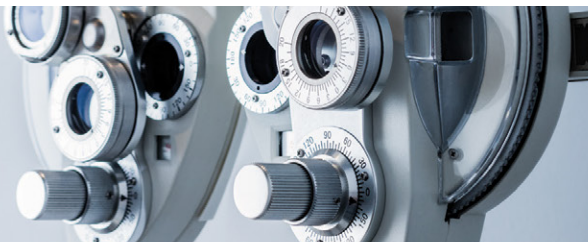
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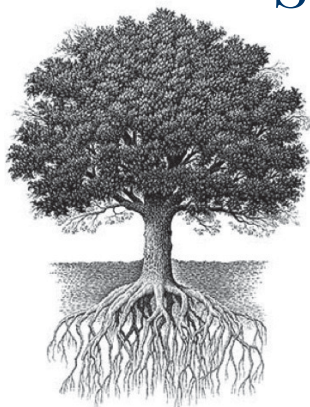
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*Dr. John Wyse & Dr. Ekaterina Medina, Optometrists*

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**Rick Berghauer welcomes Katie Glaze**

**We welcome new clients. Call or connect through our website.**

Katie has over six years of experience working as a Child Protection Social Worker for the Ministry of Children and Family Development. She is experienced at working collaboratively with individuals who have challenges with problematic substance use; mental health issues; and social, economic, and cultural barriers. One of her primary strengths is her ability to develop strong, positive alliances with children and youth. Katie received her Bachelor of Arts in Child and Youth Care, with Distinction, from VIU in 2014; then completed a Master of Arts Degree in Counselling Psychology through Yorkville University in 2022. We are pleased to have Katie join the team.

*Rick Berghauer, BA Psych, MEd Counselling Psych, CCC*

berghauer.ca 604-223-2717 #200-7385 Duncan Street V8A 1W6



# HEALTH SERVICES IN QATHET

## Acupuncture & Eastern Medicine

### Catherine Cameron

#### Acupuncture and Herbs

604-223-8877 • 4536 Willingdon

Dr. Traditional Chinese Medicine, acupuncture and herbal prescriptions.

### Edward Sanderson

604-485-0108 • 4898 Manson

Acupuncture in private sessions to treat chronic pain, migraines, and much more.

### Sara Fujibayashi, R.Ac

604-414-7185 • 4400 Marine

Sara has recently joined Suncoast Integrated Health offering registered acupuncture.

### Dr. Ginette Cloutier, R.TCM.P

604-223-7100 • 4585 Marine

Chinese Medicine including acupuncture, herbs, cupping and Yang Shengfa.

### Dr. Harvey, DTCM

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604-485-0250 • 4650 Willingdon

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## Addictions

### A.A. Meetings

604-483-8349 • Bill M

12-step program to help alcoholics.

### Al-Anon

604-483-9031

Help and support for families and friends of alcoholics.

### Did we miss you?

If you provide health services and aren't listed here, please let us know at 604-485-0003 or [sean@prliving.ca](mailto:sean@prliving.ca)

### Georgia Strait Women's Clinic

866-487-9040 • 8104 Highway 101

Individual inpatient and outpatient mental health, addiction, and trauma treatment for women. Small group sizes, private suites, rTMS, 1:1 counselling, massage, nutritionist services, withdrawal management, and more. Occupational trauma and PTSD treatment for first responders, military personnel, and veterans is also available.

### iOAT Clinic

604-414-4292

Low-barrier substance use treatment clinic providing pharmaceutical alternatives to the toxic and unregulated drug supply. Also offers clinical (medical) supports for people who face challenges accessing mainstream healthcare.

### Miklat Recovery Society

604-483-6462 [powellrivermiklat.com](http://powellrivermiklat.com)

Miklat Recovery Society is a non-profit registered charity offering men's residential drug and alcohol treatment. Miklat means "refuge", and our programs are designed to offer a place of refuge from the storms of addiction; a place where hope, inspiration, and practical tools can be given to men healing from the effects of substance use disorder.

### Narcotics Anonymous

1-844-484-6772 • 5903 Arbutus

Recovery from addiction through working a 12-step program, including group meetings.

### Overdose Prevention Site

604-578-0442

Clean, safe, judgment-free environment for people to consume illicit substances (smoking or injecting). Offers first aid and overdose response, harm reduction supplies, naloxone, drug testing and peer support. Open 9am – 11 pm daily.

### Sunshine Coast Health Centre

1.866-487-9010 • 2174 Fleury

[schc.ca](http://schc.ca)

In our treatment programs for addictions, mental health, and trauma, we help clients in their personal transformation towards becoming healthy, thoughtful men inspired to live with a renewed sense of vitality and purpose. Outpatient services also available.

### Sunshine Coast Treatment Services

604-485-7983 • 103-4511 Marine

SCTS provides individual physician-directed methadone treatment services.

## Age in Place / Home Support

### Adult Day Program

604-485-9868 Ext 4805 • 4980 Kiwanis

Provides a range of programs for clients in a support group setting.

### Better At Home

604-485-4008 • #201-4675 Marine

[betterathome.ca](http://betterathome.ca)

Helping seniors remain independent by providing friendly volunteer visits, transportation, light yard work, minor home repairs, light housekeeping, or grocery shopping. Operated by inclusion PR.

### Care & Compassion

#### Private Homecare

1-250-702-7606

Companionship, light housekeeping, outings, appointments, and meal prep.

### Cherry Doors

604-485-2468

3463 Marine & 4909 Bowness

Under CLC, operates two group homes for developmentally disabled individuals.

### Home & Community Care

604-485-3310 • 3rd Floor, 5000 Joyce

Home support to help those with on-going health conditions remain in their homes.

### Hummingbird Home Care

604-344-0309

A local service for all ages.

### Independent Lifestyles Homecare

1-855-484-7715

Personal support services that improve your overall health while remaining at home.

### Katcher Guidance

604-483-1136 • 4463 Marine, Unit 202

[katcherguidance.com](http://katcherguidance.com)

We help you ease through life transitions. Private home care/respice; companion visits; wellness checks; grocery delivery; and task manager (hands-on support). Plus, guided relaxation to help caregivers find a little joy during challenging times.

### Kiwanis Lifeline

604-485-0499 • 4943 Kiwanis

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## Milne Medical

604-414-3332

Convenient in-home healthcare. At-home blood collection, injections, etc.

## Nurse Next Door Home Care Services

604-747-2847

Compassionate and flexible home care. Call for a free Care Consult.

## PR Home Care Services

1-877-762-2331 ext2

Support to seniors wishing to remain at home. Provides personal care, meal prep, etc.

## WeBookCare

1-844-277-9861

Online caregiver marketplace. Book your home care services online.

## Assisted Living

### Strive Living Society

604-485-2220 • Unit 200 - 6975 Alberni

Assisted living for those with developmental or physical disabilities or brain injuries.

### Evergreen Extended Care

604-485-3237 • 4970 Joyce

75-bed facility equipped with services devoted to comfortable living.

### Kiwanis Garden Manor

604-485-5210 • 4923 Kiwanis

Assisted Living offers tenants the support they need to continue a vibrant life.

### Kiwanis Village

604-485-5210 • 4943 Kiwanis

Subsidized independent living rental community for seniors.

### Willingdon Creek Village

604-485-9868 • 7980 Kiwanis

Willingdon Creek Village is a 102-bed facility with 24 hour care including wheelchair accessible rooms with on-site nursing, health care aides, and recreational therapists.

## Birth & Babies

### Babies Open New Doors (BOND)

604-485-2604

[bondprogram@liftcommunityservices.org](mailto:bondprogram@liftcommunityservices.org)

Prenatal nutrition program to promote positive lifestyle choices. Supports for pregnant people and new parents with babies up to six months old. Speak with a nutritionist, a doula, peer outreach workers and more. Meal kits, baby supplies, outings and workshops.

### Dr. Catherine Cameron, Dr TCM

604-223-8877 • 4536 Willingdon

CranioSacral Therapy for infants and families.

## Empowered Postpartum

(250)-414-0498

Postpartum planning, day and night support for new moms from a yoga coach and RMT.

## Family Place

604-485-2706 • #2 - 7100 Alberni Street

[familyplace@liftcommunityservices.org](mailto:familyplace@liftcommunityservices.org)

Drop-in resource centre for parents and young families with children up to the age of 6. Low or no-cost programming includes play groups, parent workshops, snacks and food assistance, activities, books and more. Gain a sense of community, and find on-going support to raise happy, healthy children.

## Dr. Felix Nwaeze

604-485-7779 • 6935 Harvie

Obstetrics and gynecology.

## Healthy Care Pregnancy Program

604-208-9140

Support and advocacy for people who are pregnant or up to seven months post-partum and who use or have used substances.

## Little Bird Birth Services

604-414-7667 • 6272 Poplar

Julie Hamilton, Lindsey Bauer. Birth doula and birth photographer. Breastfeeding support.

## Melanie Lamden

604-483-1003

Birth and post-partum doula. Find peace and strength through your birth journey.

## Olive Branch Births

778-288-6090

Childbirth educator offering private and group prenatal classes.

## Orca Bus Outreach Program

604-485-3090 • 7105 Nootka

Early learning, on the road, 0–5 years. Youth & Family Powell River.

## qathet Midwifery

604-493-2024

4539 Marine (Marine Medical)

Elizabeth Bodner. Pregnancy, birth, postpartum, newborn, breastfeeding.

## Dr. Selena Bloom, MD SEP

604-223-8878 • 4536 Willingdon

Somatic Experiencing and Touch Regulation Therapy. Addressing birth, developmental and preverbal trauma.

## Trista Tom Leblanc

604-414-7303

Postpartum doula.

## Children & Youth

### Child & Youth Mental Health

604-485-0603 • 6944 Alberni

Community-based, specialized mental health services to support children with mental health challenges and their families. Walk-in intake is every Tuesday 9am – 4pm.

### Cranberry Child Development Centre

604-483-4042 • 6831 Artaban

Inclusion Powell River's programs to support children and families.

### Family Place

604-485-2706 • #2 - 7100 Alberni Street

[familyplace@liftcommunityservices.org](mailto:familyplace@liftcommunityservices.org)

Drop-in resource centre for parents and young families with children up to age 6. Low or no-cost programming includes play groups, parent workshops, snacks and food assistance, activities, books and more. Gain a sense of community, and find on-going support to raise happy, healthy children.

### Healthy Families Program

604-485-2132 • 4750 Joyce

United Way providing opportunities for families to engage in healthy activities together. Also supports eight free community meal programs.

### Indigenous Supported Child Development Program

778-657-5513

Community-based program, located within Tla'amin Nation's Child Development Resource Center and Children's House, which assists Indigenous families with children with special needs who require extra supports and services. Focused on children up to 6 years of age, with some services for older children and youth.

### Ministry of Children and Family Development

604-485-0600 • 6944 Alberni

Child and youth services, child protection and foster/adoption services.

### Orca Bus Outreach Program

604-485-3090 • 7105 Nootka

Early learning, on the road, 0–5 years. Youth & Family Powell River.

### Strong Start 0-5 Years Program

604-485-6271 ext 2244

Programs designed to work in partnership with parents, their children, and educators.

### Success By 6

604-485-2132 • 205-4750 Joyce

Support and promotion of community early development programs for children 0–6.

### Tla'amin Nation's Child Development Resource Centre

604-483-3449 • 4915 Salish Drive  
Community-based services including an infant-toddler daycare program, culture and language programming, as well as a range of services for families to promote healthy early childhood development.

### Tla'amin Nation's čičuy 7aye – Children's House

604-483-3009 • 4931 Salish Drive  
Early childhood community-based services including Walking Feet, a full-time 3-to-5-year-old daycare program, as well as Chi Chuy Preschool for 4-year-olds, 9:30-2:30 daily.

### Tla'amin Nation's Student Success and Wellness Caseworker

778-762-4298  
Provides support to Indigenous families with navigating the school system and accessing the services needed for their child from kindergarten to Grade 12 to promote readiness to learn, school success, and overall wellness.

### Youth and Family

604-485-3090 • 7105 Nootka  
Free services for families, children, and teens through counselling and programs.

## Chiropractic

### Marine Chiropractic & Wellness

604-485-9896 • 104-4675 Marine  
Chiropractic, acupuncture and massage therapy. Custom holistic treatment.

### Powell River Chiropractic

604-485-7907 • 104-4675 Marine Ave  
Dr. Ted Johnson shares space with Marine Chiropractic, but is not taking new patients.

### Suncoast Integrated Health

604-414-7815 • 200-4400 Marine  
suncoastintegratedhealth.com  
A one-stop shop for your alternative and complementary healthcare services: registered massage therapy, chiropractic, rehabilitation, personal training, counselling, acupuncture, concussion and chronic pain services.

## Clean/Disinfect

### Aaron Services

604-485-5611 • 4703 Marine  
Rotobrush duct cleaning. Disinfectant supplies/dispensers. Clean water solutions.

### All Clear

### Mold & Pathogen Solutions

604-966-8625 • allclearsolutions.ca  
Two-step process gives you the All Clear in just one visit. No demolition. Patented, non-toxic, dry fog vapour technology destroys mold, spores and mycotoxins, virus and bacteria. Treat the entire building including contents. Guaranteed results in hours. Mold inspections. Commercial, residential, boats and vehicles.

### New Image Auto Detail

604-485-0092 • 6984 Alberni  
Dry-vapour extractor heats water to 338°F, to clean, deodorize, disinfect and kill bacteria.

### WinMar

604-485-7335 • #101-7105 Duncan  
Virus disinfection. Water damage. Fire and smoke. Mould inspection and removal.

## When was the last time you saw your dentist?

You should see your dentist every 1 to 2 years.  
Call us to book your annual exam today!

### Enjoy the food you love and a healthy smile!

- Complete and partial denture services
- Relines, repairs and new dentures
- Implant retained dentures
- Ask us about BPS dentures
- All dental plans accepted



### POWELL RIVER DENTURE CLINIC LTD.

Brian Mansell R.D.

102-7075 Alberni Street • 604.485.7654

# Honouring the Journey

All Powell River Hospice Society programs and services are free and confidential

The Powell River Hospice Society offers one-on-one support for bereaved individuals, palliative patients and caregivers of palliative patients.

prhospice.org

604-223-7309



Government of Canada / Gouvernement du Canada



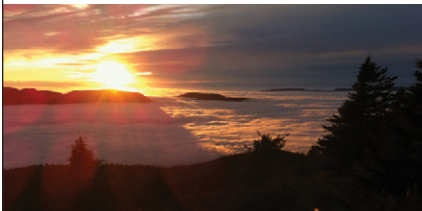
New Horizons for Seniors Program



## Why should I plan my own funeral?

*It's a thoughtful and loving thing that you can do for your family.*

When you pre-plan your funeral, you save your family from the emotional burden of making arrangements when you are gone, because you have already made the decisions, calmly and free of emotional stress.



## STUBBERFIELD FUNERAL HOME LTD

Providing dignified service to the region since 1969

7221 Duncan Street • 604 485-4112  
stubberfieldfh.com



## POWELL RIVER HOSPITAL FOUNDATION

Your donations make a difference by helping purchase much needed equipment and training that might not otherwise be provided at Powell River's hospital.

*We're all touched by health care. Donate to the Powell River Hospital Foundation.*

604 485-3211 ext 4349  
5000 Joyce Avenue, V8A 5R3  
prhospitalfoundation.com

## Counselling

### Assessment & Counselling

604-485-2800 • 6817 Burton  
Group of local community not-for-profit Employee Family Assistance Programs.

### Berghauer and Associates Counselling Services

604-223-2717 • #200-7385 Duncan  
berghauer.ca  
Rick Berghauer, Arnold Mulder and Katie Glaze. Certified counsellors offering individual, couples, and family counselling. Work together to create new possibilities from old experiences. Counselling with Berghauer & Associates is covered by most employee benefits.

### Carol Battaglio Counselling

604-578-1199  
Psychotherapist, author of *School Bullying: The Inside Story*. Family, depression, addictions.

### Child and Youth Mental Health Clinical Counselling

604-485-0603 • 6944 Alberni  
Clinical intervention and counselling; includes suicide intervention programs.

### Chris Drummond Counselling Services

604-483-6337 • 4536 Willingdon  
Registered clinical counsellor helps with addictions, phobias, trauma, and more.

### Chris Walford Counselling

604-223-4415 • 4539 Marine  
cwalford444@gmail.com  
Registered clinical counsellor working with clients age 10 & up face to face, telephonic or video. Helps with a range of psychological needs from PTSD, addictions, emotions and other issues. Integrates various evidence-based approaches to meet unique needs. Also helps with insurance dynamics such as ICBC, Worksafe, CVAP, VAC, FNHA & other insurers.

### Deanne Bourguignon Counselling Services

604-414-9956  
Registered Clinical Counsellor (BCACC) and certified Hakomi Therapist.

### Dr. Susan Lacombe, Psychologist

604-789-7227  
Virtual psychotherapy for anxiety, trauma, depression, stress and relationship difficulties.

### Eva van Loon Learning Specialist

604-483-4940 • 6729 Cranberry  
Offers Ellennell Foundations, individualized brain-training in literacy, numeracy and logic.

### Heather Thrasher Full Circle Counselling

604-414-6558 • 4536 Willingdon  
Registered Clinical Counsellor & Psychotherapist. Works with individuals, families, and couples. Grief & loss, family, marital, self-esteem, depression, anxiety, attachment. Also specialises in supporting individuals with neurotypical diagnosis and/or their families: ASD, FASD, conduct disorder, OCD, and ADHD.

### Jon Schwabach, Ph.D., RCC

604-487-0633 • 14997 Saltery Rd  
drjon.ca  
In-person or phone counselling for individuals and couples. Insurance accepted. Helping people grow for over 30 years.

### John-Michael Parra, M.A., RCC

604-670-8354  
info@jmpcounselling.com  
Are emotional ups and downs disrupting your life? Feeling anxious, depressed? Are you stuck in patterns that counselling in the past has not helped you move past? Using somatic therapy, I support people of all ages who are struggling with their emotions due to stress, difficult childhood, trauma, or lack of support. Let's uncover your inner calm, safety, and resilience.

### Maureen Edwards Wood Dragon Counselling

604-344-0077 • 4536 Willingdon  
Registered Psychotherapist specializing in all areas of mental health and trauma.

### Mettalaw Mediation

604-483-4940  
Professional mediation and legal navigation cuts costs in legal disputes and promotes more positive outcomes.

### PEACE for Children and Youth

604-485-6968  
Prevention Education, Advocacy, Counselling and Empowerment program for youth experiencing violence. Free, confidential program for ages 3-18.

### Police Based Victim Services

604-485-3415  
Assists victims, witnesses, and their family members to cope with crime and trauma. For all ages.

### Did we miss you?

While we endeavoured to include as many as possible, we may have missed a health provider or service. If so, please let us know at 604-485-0003 or sean@prliving.ca

### **Quyn Lê Therapy**

604-223-7112

quynle.com

Registered clinical counsellor.

Do you wish to overcome anxieties, depression, traumas and other emotional issues? Using powerful EMDR and hypnotherapy, you can resolve years of suffering in a much shorter time! Feel calmer, freer and more peaceful again!

### **Rising Tide**

#### **Counselling & Wellness**

604-414-4219

Are you looking for greater life satisfaction?

Online counselling available.

### **Rise Hypnotherapy**

604-414-3835 • 4536 Willingdon

Achieve relief from anxiety, pain, fear, addiction, trauma and more. Free consultation.

### **Sage by Sea Wellness Practice**

604-223-1957 • 7061-D Duncan

Hakomi (mindfulness) counselling.

### **Selena Bloom, MD SEP**

604-223-8878 4536 Willingdon

Somatic Experiencing Therapy and Touch Regulation Therapy for all ages.

### **Shona Jackson Counselling**

604-223-7927 • 4536 Willingdon

counsellingwithshona.com

Registered clinical counsellor. Individuals or couples. Specializing in Somatic Experiencing - using perceived body sensations to relieve trauma, reduce chronic pain and improve quality of life. Trauma, depression, anxiety, pain, stress, self-esteem, relationships, attachment, family history.

### **Specialized Victim Support Services**

604-485-2620

Support and advocacy for those who have been harmed by power-based crimes, whether or not you choose to report to police.

### **St. John Ambulance Therapy Dogs**

604-414-4096 • 10929 Hwy 101

Volunteers share their special canines to improve mental and physical health.

### **Stopping the Violence Counselling**

604-485-6965

Free one-on-one counselling and support to women who have experienced violence and abuse.

### **Sunshine Mental Health**

604-414-7654 • PO Box 252

Psychology. Therapy/counselling and assessments for children, teens, and adults.

### **Tatiana Tsarouk, PhD**

#### **Counselling & Hypnotherapy**

604-483-1835 • 5-3818 Joyce

drtsaroukmentalhelp.com

Counselling, psychotherapy, hypnotherapy for stress relief, depression, anxiety, fears, family problems, relationships issues, psychological difficulties and frustration in difficult situations, PTSD, addictions, and other mental health issues. Hypnotherapy for enhancement of confidence and self-esteem, and to quit smoking.

### **VK Wellness Initiative**

604-578-8135 • 5-4313 Alberta

vkwellness.ca

Wellness on your terms. Workshops and events, group therapy, clinical counselling, corporate wellness, mediation, registered massage therapy, holistic nutrition, clinical herbal therapy, adult sleep consulting, kinesiology services and more...

### **Chad Yurich, M.Sc. RTC Wildwoods Counselling**

604-223-3376 • 6363 King

chadyurich@gmail.com

wildwoodscounselling.ca

This is my passion. I creatively assist clients to find wholeness and health. Counseling specialties included somatics, trauma, depression, anxiety, dreamwork, PTSD, guided imagery, grief, addiction, sexual abuse and mentoring. Let's work together to bring more ease and flow back into our lives. Free phone consultations.

## **Dental**

### **Dr. James Bradley**

604-485-2851 • 4662 Marine

Family and general dentistry services.

### **Burnaby Street Dental**

604-485-2930 • 4621 Joyce

Dr. Ryan Sinotte, Dr. Richard Machin, Dr. Kaleigh Penkala. General family dentistry.

### **Dr. Belinda Chow**

#### **& Dr. Gary Needham**

604-485-2777 • 4511 Joyce

Family and general dentistry services.

### **Glacier View Dental**

#### **Dr T. Virdi**

604-485-9771 • D-7053 Glacier

Family and general dentistry services.

### **Dr. Ashok Varma**

604-485-4090 • 4742 Joyce

Family and general dentistry services.

### **Marine Denture Clinic**

604-485-2212 • 4670E Marine

info@marinedentureclinic.com

Complete and partial dentures, relines, implant-retained dentures. Same-day repairs. Free consultation. No referral necessary.

### **Powell River Denture Clinic Ltd.**

604-485-7654 • 102-7075 Alberni

Honest, efficient denture services that restore beauty and function to the mouth. Repairs, relines, implants. See your dentist at least every year or two!

## **Emergency Shelter**

### **Grace House**

Help Line: 604-485-9773

Info: 604-485-4554

Transition House for those who identify as female and their children and pets.

### **Overnight Shelter**

604-578-0633 • 4746 Joyce

housingervices@liftcommunityservices.org

20-bed emergency shelter, open from 9:30 pm – 8 am every day. Overnight shelter, warm dinner, breakfast, community and resource referrals.

### **Stopping the Violence Outreach**

604-485-6980

Helps women who are in or who are leaving an abusive relationship to live in safety.

## **End of Life**

### **Clare Liggett**

#### **End of Life Doula**

604-483-9544

Help with the final transition: emotional, spiritual and practical support.

### **Heather MacLeod**

#### **End of Life Dementia Doula and Trainer**

604-578-0303

Spiritual, emotional, compassionate care for the dying and their families.

### **Hayley Creasey**

#### **End of Life Doula**

604-414-7147

End of life care resource and liaison.

### **Hidden Tree**

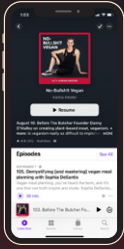
#### **Palliative Care Services**

604-578-8125


Mark Johnston offers short-term live-in, respite, estate management.

www.karinainkster.com

**FITNESS & NUTRITION COACHING**  
+ free *vegan resources*



Tune in to the *No-B.S. Vegan* podcast, apply for a coaching spot, and access our free *vegan resources* at [karinainkster.com](http://karinainkster.com).



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Chris Lightfoot, MA, MSc  
Registered Speech-Language Pathologist

Speech-sound development  
Language development  
Reading & writing development  
Services for neurodiverse individuals


**Services provided in your home or by video conference**

*FREE 30-minute initial consultation*



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E-mail: [lightfootslp@gmail.com](mailto:lightfootslp@gmail.com)  
[www.LightfootSLP.ca](http://www.LightfootSLP.ca)


**Free yourself**  
What holds you back from the one thing you ache for?

Work with the  Enneagram.

**Clarity  
Momentum  
Growth**

**Silvana Hernandez**  
Integral Professional Coach™  
Enneagram Coach - InnerLifeSkills  
604-414-4587 • [silvanahernandez.com](http://silvanahernandez.com)

Transformational coaching that helps you courageously walk through change so you can fully love who you are and how you do life.



Mental health, trauma, and addiction treatment programs for professional men, including military, veterans and first responders.





 **Sunshine Coast Health Centre**  
A Non-12 Step Mental Health Program [schc.ca](http://schc.ca)

Professional women from all walks of life come through our doors. They come for high-quality psychiatric care to deal with serious stress, depression, anxiety, trauma, and sometimes, addictions.

All of our clients are highly motivated to work with qualified professionals to get their lives back on track.

This is the only women's-only facility of its kind in Canada.





**Georgia Strait WOMENS CLINIC**  
[gswc.ca](http://gswc.ca)

### **Hospice Society**

604-223-7309 • PO Box 33, V8A 4Z5

[prhospice.org](http://prhospice.org)

One-on-one social & emotional support for individuals with life-limiting illness, caregivers, or anyone who is grieving. All programs are free and confidential.

### **Stubberfield Funeral Home**

604-485-4112 • 7221 Duncan

[stubberfieldfh.com](http://stubberfieldfh.com)

Burial, cremation and memorial services that honour all traditions and cultural needs.

## **Eyes**

### **Dr. Louis M Botha**

604-485-8455 • 102-4675 Marine

MBCHB(PRET), FCS(OPHTH)SA

Eye Physician & Surgeon

### **IRIS**

604-485-7115 • 106-4801 Joyce • [iris.ca](http://iris.ca)

Eye exams with the most advanced technology, eye emergency treatment, fittings for glasses and contacts and more with Dr. John Wyse and Dr. Ekaterina Medina and their team. Get your eyes checked yearly.

### **Optomeyes Eye Care**

604-485-2513 • 4551 Joyce

[optomeyes.ca](http://optomeyes.ca) • [pr@optomeyes.ca](mailto:pr@optomeyes.ca)

Complete eye health services, including eye exams, contact lens fittings, pediatric eye care, sports vision care, and post-concussion care. Treating dry eyes, allergies and infections, computer vision syndrome, glaucoma, macular degeneration, and cataracts. Eyeglass and sunglass frame collections. Lab makes glasses on site.

### **Secure Vision Mobile Optician**

250-792-5199 • 4699 Marine

Helen Whitaker • [securevisionoptical.ca](http://securevisionoptical.ca)

High quality prescription eyewear at a price you can afford. Beautiful, handcrafted frames and digital technology lenses. Fitted by a Licensed Optician. Private appointments to choose frames at Marine Ave location. Private, at home, or residential care appointments available by request. International Optician of the Year 2021.

## **Feet**

### **Foot Loose Foot Care**

604-483-9454

Cathy MacDonald provides foot care services, especially for seniors and diabetics.

### **Nadia's Foot Care**

604-892-4161 • 5584 Yukon

Mobile foot care. Callus and nail care, hygienic and preventative maintenance.

### **Powell River Foot Care**

604-223-7632 • Susan Lemna

Mobile service not taking new clients.

### **Your Sole Connection**

604-344-0608

Sarah Murphy, LPN, and certified foot care nurse offers mobile medical foot care.

## **Food & Nutrition**

### **Assumption Soup Kitchen**

604-485-5300 • 7091 Glacier

A free soup kitchen providing a home-cooked warm meal, Fridays noon-1 pm.

### **Community Resource Centre**

604-485-0992 • 4752 Joyce

Monday – Thursday, noon – 4 pm. Free lunch, coffee and snacks, laundry facilities, legal aid and community referrals.

### **Convenient Chef**

604-483-9944 • 5830 Ash in Townsite

Nutritious, homestyle prepared meals for reheating in the home or workplace.

### **Food Bank**

604-485-9166 • 6816B Alberni

Open Tues – Wed – Thurs of every week (10 am to 2 pm)

### **Food Hub**

604-344-0531

[adriana@liftcommunityservices.org](mailto:adriana@liftcommunityservices.org)

Local food resources and how to access them. Community learning garden. Commercial kitchen available for use..

### **Holzono Nutrition Consulting**

604-616-8342

Individual nutritional sessions, wellness packages.

### **Kelly's Health Shop**

604-485-5550 • 4706C Marine

Health food store with a large selection of supplements and herbs, personal care products, health food, beer and wine supplies, homeopathic items, and alternative medicines. Knowledgeable staff and holistic nutrition. Regular health education seminars.

### **Lisa Marie Bhattacharya, RHN**

604-714-4065

Registered holistic nutritionist specializing in digestive health and disease prevention.

### **Resilient Health**

604-414-0765

Resilient health practitioner trained in occupational therapy and holistic nutrition.

### **Plant-Based RHN**

604-414-8399 • [plantbasedrhn.com](http://plantbasedrhn.com)

Plant-based nutrition/cooking support and consulting with Registered Holistic Nutritionist and Certified Plant-Based Chef Emma Levez Larocque. Join the Plant-Based Eating Support Network Group at the beginning of any month for online cookalongs, weekly recipes, nutrition talks and more!

### **Salvation Army**

604-485-6067 • 4500 Joyce

Fresh produce, bread and dairy. Monday & Friday 12:45-1:45 pm. Bring your own bag. Hampers by appointment.

### **Senior Citizens' Assoc Br #49**

604-414-9456 • 6792 Cranberry

Activities, lunches, dinners, entertainment.

## **Health & Abilities Supports**

### **Community Adult Literacy & Learning**

604-485-2004 • 6975 Alberni

Provides tutor training, matching adult tutors with adult learners.

### **Kompassion for Kups**

604-414-0339

Medical bras and prosthetics for those who have had mastectomy or lumpectomy.

### **Literacy Outreach**

604-414-7020

[megan@liftcommunityservices.org](mailto:megan@liftcommunityservices.org)

Reading, writing, and numeracy skills as well as digital literacy support. One-on-one tutoring and group workshops.

### **Reach to Recovery**

604-485-6114 • 604-483-9120

Hospital and home visits to recently diagnosed breast cancer patients.

### **Handydart**

604-483-2008 • 7160 Duncan

Accessible, door-to-door shared transit service for people with disabilities and medical conditions.

### **Wheels for Wellness Society**

1-250-338-0196

Will pick you up at the ferry and take you to non-emergency medical appointments on Lower Vancouver Island.

## WorkBC

604-485-7958 • 4511 Marine  
centre-powellriver@workbc.ca

Job search resources, career planning, skills assessment, work experience opportunities, training and training supports.

## Health info

### BC211.ca

Online resource offers information and referrals regarding community, government and social services in BC.

### Fetch

powellriver.fetchbc.ca

Online listings of community health services, provided by Vancouver Coastal Health and the qathet Division of Family Practice.

## Hearing

### Bel Tone

604-485-0597 • 102-4801 Joyce

Professional hearing tests (free with doctor's referral), hearing aid sales, follow-up care.

### Powell River Hearing

604-485-0036 • 4794B Joyce

powellriverhearing.com

Comprehensive hearing tests. Hearing aid dispensing. Aural rehabilitative counselling. Modern hearing aids improve relationships, improve memory function, reduce background noise and connect to your devices. Contact Shannon for a consultation and demonstration.

## Low Income Support

### Community Resource Centre

604-485-0992 • 4752 Joyce

Monday – Thursday, noon – 4 pm. Free lunch, coffee and snacks, laundry facilities, legal aid, community referrals, and a safe place for community members to socialize and connect with basic services.

### Overnight Shelter

604-578-0633 • 4746 Joyce

housingervices@liftcommunityservices.org

20-bed emergency shelter, open from 9:30 pm – 8 am every day. Overnight shelter, warm dinner, breakfast, community and resource referrals.

### Did we miss you?

If you know of a health provider we missed, please let us know at 604-485-0003 or sean@prliving.ca

## Danielle's Helping Hand Fund

604-485-2132 | #207-6975 Alberni

Can't afford an emergency health expense? United Way provides one-time financial assistance for low-income individuals and families. Confidential applications available at the Poverty Law Advocacy office, #207-6975 Alberni.

### Hygiene Cupboard

604-485-0992 • 4752 Joyce

Do you need toothpaste, deodorant or other hygiene items? Stop by the CRC. The Hygiene cupboard is a project to ensure access to basic personal hygiene products for everyone.

### Life Cycle Housing Society

604-485-6006 • 4949 Ontario

Not-for-profit providing affordable housing for families, people with disabilities and seniors.

### Poverty Law Advocacy

604-485-0950 • #207-6975 Alberni

Free, confidential legal information, advocacy and referrals to low-income residents

### Ministry of Social Development and Poverty Reduction

604-485-3622 • 6944 Alberni

Income assistance, child-care subsidy, and support for persons with disabilities.

### Supportive Housing

4910 Joyce • 604-223-4430

housingervices@liftcommunityservices.org

44 units of subsidized, self-contained supportive housing for individuals at risk of homelessness. 24/7 staff support, daily meals, garden access, resources and community support to find and maintain stable housing.

### See also Food & Nutrition

## Marijuana

### BC Cannabis Store

604-483-7200 • 7035 Barnet

Government store.

### Bean Cannabis Shop

236-328-8050 • #7-7030 Alberni Street

Cannabis advisors ready to share their selection of cannabis and accessories.

### SOHO

236-328-0088 • 4670 Marine Ave Unit B

Recreational marijuana. Edibles, accessories and more.

### Sun Coast Cannabis Shoppe

604-489-0070 • 102-7010 Duncan

Solids, extracts, prerolls, topicals, and more.

## Cranberry Cannabis

236-327-0021 • 5712 Manson

Pain relief from flowers to teas, tinctures, edibles, smokes.

## Massage & Laser

### Andrew McCully

778-882-6864 • 5757 Maple

Specializing in systemic deep tissue and myofascial massage therapy.

### Behr's Massage Therapy Clinic

604-485-2155 • 201B-4690 Marine

We treat conditions such as low back pain and chronic pain.

### Beyond Bliss Spa & Suites

604-485-9521 • 4555 Marine

beyondblissspa.com

A modern day spa and laser centre providing treatments that focus on skin health, wellness and relaxation. From massage to pedicures to photo facials and everything in between, let us help you look and feel your best. Licensed practitioners and strict cleaning protocols mean you can feel confident in your choice.

### Blue Lotus Wholistic Healing

604-414-5991 • 4680 Willingdon

fb.com/BlueLotusWholisticHealing

evestegenga@riseup.net

From a trauma-informed background, Eve Stegenga offers massage and Reiki with an intention of creating space, releasing stress and bringing balance. Using modalities such as Swedish and deep tissue, as well as reflexology, joint release and shiatsu her aim is to realign the physical, mental and emotional bodies.

### Bodies in Balance

604-223-7918 • 4697 Marine Ave

rebalancemassage.ca

Therapeutic cool laser therapy uses light energy to help you recover more quickly from injury and surgery, and is a non-pharmaceutical treatment option for chronic pain and inflammation. Deep tissue rebalancing massage is also available, and can be combined with laser therapy to great effect – get your life back!

### Brenna Wear, RMT

604-868-2772 • 4313 Alberta

At VK Wellness. Pre- and post-natal massage, myofascial release and more.

### Charlese Nan, RMT

604-414-7923

Not taking new clients.



### **Ch'iyone Studio RMT**

778-743-0564 • Laneway 5480 Marine  
chiyone-rmt.ca

Book online or call. Safe & effective registered massage therapy with former licensed practical nurse Kimberly Franke, RMT. Swedish massage, myofascial release, and craniosacral techniques. Direct billing to Pacific Blue Cross, Canada Life (BC Ferries), RCMP and Veterans.

### **Elemental Healing**

604-208-8155

Massage and reiki. Shiatsu, cranio-sacral, deep tissue, Chi Nei Tsang.

### **Heartwood Massage Sophie Gilmore**

250-218-5112 • Hammond St  
heartwoodmassage.ca

Providing a variety of massage services including relaxation, firm pressure, hot-stone and reflexology. With over 15 years experience in the field, Sophie offers a massage style blending therapeutic and relaxation techniques tailored to meet each client's needs. Accepting new clients. See website for details and online bookings.

### **Heather Anderson, RMT**

604-483-4380

Myofascial release, post-mastectomy, and top surgery care.

### **Jana Dawn Rocks Massage**

604-414-5208 • Myrtle Rocks

Deep tissue, hot stone and Swedish relaxation massage. 30 years experience.

### **Knott's Therapeutic Massage**

604-414-8041 • 5804 Maple

Erin Perrault, RMT. Not taking new clients at this time.

### **Koastal Therapy**

604-485-4833 • 4763 Joyce

Deep tissue massage, joint treatment, myofascial release, sports massage, and more.

### **Kostali Wellness**

4518 Joyce • kostaliwellness.ca  
kostaliwellness@gmail.com

A full service Massage Therapy and Wellness Centre, providing Registered Massage Therapy and Acupuncture. We offer online booking at and direct billing with Pacific Blue cross.

### **Malaspina Massage**

604-485-2224 • 3839 Selkirk

Registered massage therapists Don Shelton and Ann Robinson. No referral necessary.

### **Marina Lagacé**

604-414-7815 • 7061-D Ducan

RMT offering relaxation-focused Swedish Massage with myofascial release.

### **Mayet Therapeutics**

604-414-3978 • 9651 Evergreen

RMT Claire MacPherson provides massage and craniosacral therapy south of town.

### **Mindful Moves**

#### **Body Care Services**

604-483-6759

Yoga, massage, yoga care with Robin Morrison. Book by appointment.

### **MR Massage Therapy**

778-772-1547 • 4660 Harvie

Morgan Rouvelin, RMT, offerings include Swedish, Sports, and Tuina style treatments.

### **New Beginnings**

#### **Laser Center Medi-Spa**

604-413-0551 • 7-4313 Alberta

Laser hair removal, micro-needling, custom facials, and body treatments.

### **Yath Registered Massage Therapy**

604-344-0043 • 6-4713 Alberta

Mackenzie Alsager and Kristin Parker.

### **Sage by Sea Wellness Practice**

604-223-1957 • 7061-D Duncan

Thai yoga massage, Reiki, Hakomi counselling

### **Timber Massage & Wellness**

604-344-0605 • 6935 Harvie

Registered massage therapists and acupuncturist.

### **Townsite Massage Therapy**

#### **Alison Richmond, RMT**

604-905-8028 • 5670 Marine

townsitemassage.ca

alisonrichmondmt@gmail.com

Professional and effective registered massage therapy in a peaceful home-based studio. Deep tissue, injury-specific rehabilitative treatment, relaxation and pregnancy massage. Further study in post-mastectomy and C-section treatment. Direct billing and online booking available..

## **Medical Clinics**

### **Dr. Louis M. Botha**

604-485-8455 • 102-4675 Marine

Eye Physician & Surgeon

### **Erin Berukoff, Nurse Practitioner**

604-485-9213 • 4493A Marine

Nurse Practitioner with Vancouver Coastal Health.

### **Dr. Ginette Cloutier, R.TCM.P**

604-223-7100 • 4585 Marine

Traditional Chinese Medicine; acupuncture and herbology.

### **Dr. Brigitte Dohm**

604-485-7222 • 6962 Alberni

Marine Medical Building. Family physician and medical clinic.

### **Family Tree Health**

604-485-9213 • 4493A Marine

General practitioner medical clinic.

### **Fusion Medicine Integrated Clinic**

Dr. Catherine Cameron, Dr. TCM

Dr. Selena Bloom, MD SEP

604-223-8877 • 4536 Willingdon

drcatherinecameron.com

fusionmedicine.ca

East meets West. Integrating multiple modalities to achieve your optimal health. Acupuncture and Chinese herbs, sports medicine, CranioSacral therapy, pain management and nervous system regulation, clinical homeopathy, orthomolecular medicine, functional medicine and more.

### **Harvie Medical Clinic**

604-485-0136 • 6935 Harvie

Dr. C. Van Zyl, Dr. D Marentette, Dr. K.

Bahadori, Dr. M. Andreae

### **Marine Medical Building**

6962 Alberni

Family physicians and nurse practitioner.

### **Medical Clinic Associates**

604-485-6261 • 4794 Joyce

General practitioner medical clinic.

### **Powell River**

#### **Community Health Centre**

604-485-3310 • 5000 Joyce 3rd Floor

Community health including public and home services.

### **Powell River Medical Clinic**

604-485-5501 • 4280 Joyce

Walk-ins welcome. Dr. Diana Gil and Dr.

Alexander Marchenko. Monday to Friday,

9-4:30. Esthetic treatments now available. In

the same building as Powell River Pharmacy.

### **PR General Surgery Clinic**

604-485-0152 • 6935 Harvie

The clinic for Powell River's surgeons,

including Dr. Pavel Makarewicz.

### **Dr. Pieter Rossouw**

604-485-4877 • 6962 Alberni

Family Doctor.

### **Texada Island Health Centre**

604-486-7525 • 4977 Sanderson

Also known as the Texada Medical Centre,

home to Texada's physician and nurse.

**Tla'amin  
Community Health Services**  
604-483-3009 • 4895 Salish Drive  
Marlane Paul, Health Director  
778-657-5898  
Sandra Tom, Associate Health Director  
778-657-5498  
Nolan Louie, Case Manager/Navigator  
778-657-5499  
Kim Hackett, Medical Office Assistant  
778-657-5900  
Pregnancy and prenatal visits, childhood illnesses, checkups, vaccinations, sexual health screening, PAP smears, birth control, WCB and ICBC claims, adults with common ailments (such as sore throats, coughs, aches and pains), and chronic diseases (such as diabetes, high blood pressure, hypertension), medical procedures (such as suturing, biopsies and joint injections) etc.

**Dr. Nicholas White**  
604-485-9200 • 6962 Alberni  
Marine Medical Building. Medical clinic.

## Movement

**101 Strength**  
604-414-8002 • 101-7373 Duncan  
24-hour membership exclusive gym, offering personal training and group fitness.

**Accelerate to Perform Therapy**  
604-414-7815 • 7061-D Duncan  
Acute & chronic pain management and injury rehabilitation with an active approach.

**Better Bodies Gym**  
604-483-6799 • 7074 Westminster  
Gym available to the public with membership includes workout and the pool.

**Coast Fitness**  
604-485-5160 • 102-7385 Duncan  
coastfitness.ca • info@coastfitness.ca  
Fun and affordable group fitness and yoga classes, including Spin, Hot Yoga, Strength, Bootcamp, and Kettlebells. Your first week is free and your first month is \$75. Our vibe is social, not serious. Come join us for a good sweat or stretch with lots of support from amazing instructors.

**Elements Movement**  
604-319-7013 • 5813 Ash  
Mellow yoga to power yoga & fitness. Personal training now available.

**Did we miss you?**  
If you know of a health provider we missed, please let us know at 604-485-0003 or sean@prliving.ca

**K.I. Health & Fitness**  
778-230-6849 • karinainkster.com  
Nail your fitness and plant-based nutrition goals online with our team of vegan coaches, led by Karina Inkster (host of the No-B.S. Vegan podcast, author of 5 books). Get customized workouts and nutrition planning. Check out our ebooks, articles, online course, vegan resources, and podcast (all free!) at our website.

**My Element Fitness**  
604-414-4133 • 4552 Willingdon  
Rowing, running, strength training, hiking & yoga classes, nutrition & personal training.

**Pilates & Fitness with Terri**  
604-485-5876 • 7053-B Glacier  
Controlled method of exercise with focus on deep abdominal and back muscles

**Powtown Crossfit**  
604-999-3081 • 4504 Fernwood  
Gym designed for functional movement constantly varied at high intensity.

**Mindful Moves  
Body Care Services**  
604-483-6759  
Hatha yoga with certified instructor Robin Morrison. Beginner and restorative classes.

**Five Elements Acupressure  
Qigong, and Qi Yoga**  
604-483-3509 • Sandra Tonn • qisandra.ca  
Qi = life force energy. Discover the mind-body-spirit connection.

**Recreation Complex**  
604-485-2891 • 5001 Joyce  
powellriverprc.ca  
Swimming, skating, aerobics, fitness centre, sauna, hot tub and much more. Regular fitness programs ranging from weight room orientations to drumming to spinning to yoga and more. Steady Feet, walking clubs for seniors, cardiac rehabilitation and more.

**Shift Fitness**  
604-561-3374  
Private personal training. Specializing in improving mobility for adults and seniors.

**Sunshine Somatics**  
604-388-7116  
Essential Somatics® Movement teacher, accredited Breathworks Mindfulness teacher.

**T-Fit Yoga & Fitness**  
604-483-6225  
Terri Cramb is a fitness, yoga and health coach.

**Taoist Tai Chi**  
250-240-3387 • Corner Michigan & Duncan  
Beginner and advanced classes in this exercise form.

**Therapeutic Riding Association**  
604-485-0177 • 4356 Myrtle  
Therapeutic horseback riding for those with physical, mental and learning disabilities.

## Naturopaths

**Dr. Michael Reiersen  
Naturopathic Physician**  
604-489-5919 ext 223 • #111-4871 Joyce  
Family health care naturopath at the Medicine Shoppe.

**Dr. Lani Nykilchuk, ND**  
604-223-9323 • 105-7373 Duncan  
drlani.ca  
Naturopathic Medicine for the entire family. Concerned about hormones, mood, digestion, allergies? Offering clinical nutrition, botanical medicine, acupuncture, Bowen therapy and more. Looking forward to seeing you at the new location!

## Pharmacies

**Freshco Pharmacy**  
604-485-4244 • 7040 Barnet at Joyce  
freshco.com/stores/freshco-barnet-joyce  
Professional staff ensure the medications you depend on are safe and effective. Vaccines, medication reviews, bubble packaging, delivery and more.

**The Medicine Shoppe**  
604-485-5919 • 111-4871 Joyce  
Compounding pharmacist can create customized formulas of your prescriptions.

**Powell River Pharmacy**  
604-489-9272 • 4280 Joyce  
Pharmacy and walk-in clinic.

**Rexall**  
604-485-2929 • 4749 Joyce  
Pharmacy offers compression stockings, blister packing, free delivery and more.

**Save-On-Foods Pharmacy**  
604-485-2629 • 7100 Alberni  
saveonfoods.com/wellness-team  
Medication checks, vaccines, diabetes management, reminder packs, compounds. Get your flu shot by booking online at saveonfoods.com/flu

**Shopper's Drug Mart**  
604-485-2844 • Town Centre  
Prescriptions and over-the-counter medications with our team of pharmacists.

**Walmart Pharmacy**  
604-485-0141 • 7100 Alberni  
Pharmacy supplies at affordable prices.

# Physiotherapy & Sports

## On Track Physiotherapy & Rehabilitation

604-485-4660 • 104-7075 Alberni

Assessment and treatment. Ergonomic consults. Physiotherapy and kinesiology.

## qathet Physiotherapy

604-485-4334 • Unit 12 - 4312 Franklin

Full-service physiotherapy clinic offering a range of rehabilitation services.

## PR-MSK Sports Medicine

604-485-5601 • #11-4312 Franklin

Dr. David Mann.

# Reproductive Health

## Fusion Medicine Integrative Clinic

604-223-8877 • 4536 Willingdon

Chinese Medicine with Integrative Medicine, optimizing hormones and parenting outcomes. Men welcome.

## Lana Joy Parra

778-251-8364 • hello@lanajoyparra.ca

lanajoyparra.ca

Painful periods? Fertility challenges? Together we can address root causes, heal hormones naturally and achieve your well-being goals. Trained in Holistic Reproductive Health, I am passionate about helping people feel better about their cycles as well as teaching a natural and reliable form of birth control. Free 30 minute consultations available; email Lana.

# Sexual Health

## Options for Sexual Health (OPT)

604-485-3310 • 3rd Floor, Hospital

Non-judgmental birth control counselling, contraceptives, testing, and info.

## Sexual Abuse Intervention

604-485-0600 • 6944 Alberni

Treatment for children and youth who have been sexually abused.

# Societies

## Youth & Family Powell River

604-485-3090 • 7105 Nootka

Free service for children, parents and families through counselling and programs.

## Community Living BC

877-592-1903 • 6975 Alberni

Supports adults with developmental disabilities and their families in BC.

## Division of Family Practice

admin@prdivision.ca • 4760 Joyce

divisionsbc.ca/qathet

Facebook: @qathetdivisionoffamilypractice

Instagram: @qdivisionoffamilypractice

Supporting qathet GPs, specialists, and nurse practitioners, and promoting a healthy community. Find great health resources, information, and qathet COVID-19 info on our website.

## Powell River Assist

604-414-7947

To prevent and mitigate seniors abuse and isolation, and promote physical wellness.

## PR Hospital Foundation

604-485-3211 ext 4349

PRGH.Foundation@vch.ca

prhospitalfoundation.com

Mission is to inspire the community to invest in our hospital to advance patient care and improve the health and well-being of citizens. Donations enable the hospital to purchase equipment and training that might not otherwise be available.

## PR Healthcare Auxiliary

604-485-0110 • 6-7030 Alberni

Volunteer association runs the Economy Shop and Hospital Gift Shop, Red Cross Health Equipment Loan Program (HELP) and patient comfort programs at the hospital.

## Hospice Society

604-223-7309 • P.O.Box 33 V8A 4Z5

Social & emotional support for individuals with life-limiting or terminal illness, caregivers, or anyone who is grieving.

## inclusion Powell River Society

604-485-6411 • 201-4675 Marine

Providing a range of services, for over 60 years, to children with extra needs, adults with developmental disabilities, and seniors.

## Lift Community Services of qathet Society

604-485-2004 #218 - 6975 Alberni

info@liftcommunityservices.org

We help all people thrive in the qathet region by reducing social inequities and by providing support and advocacy for anyone who needs it. Help us work toward our vision of a qathet that is free of poverty and full of heart!

## qathet SAFE

604-485-5335

qathetsafe.ca

Programs providing Safety and Advocacy for everyone including Grace House, Victim Services, Stopping the Violence Counselling and Outreach, PEACE counselling for children, Men Choose Respect Group, and Poverty Law Advocacy. All services are free and confidential.

# Speech & Language

## Lightfoot Speech & Language

604-786-3686 • LightfootSLP.ca

LightfootSLP@gmail.com

Chris Lightfoot, MA, MSc, Registered Speech-Language Pathologist helping with speech-sound development, as well as language, reading and writing. Services for neurodiverse individuals. In-home or video conference services. Free 30-minute initial consultation.

# Support Groups

## Brain Injury Society

604-485-6065 • 101-7020 Duncan

braininjuriesociety.ca

The Society provides support, education and advocacy for persons living with an acquired brain injury, their family, friends and caregivers through goal specific, unique and innovative programming.

## Caregivers' Support - Dementia

malerie.meeker@gmail.com

Second Wednesday of each month between 10 am and noon in the Lower Legion Hall.

## Caregivers' Support - Hospice

604-223-7309

Connects people who are caring for loved ones. Organized by Hospice Society.

## The Compassionate Friends

604-487-0889 • 604-218-6245

powellrivertcf@gmail.com

The Compassionate Friends allows you the opportunity to express your feelings with others who have also experienced the death of a child. We are parents who are grieving the death of a child for any reason at any age. We offer monthly meetings at Powell River Hospice Society Office.

## Elders Group (Tla'amin)

604-483-3009 • 4895 Salish Drive

Coordinates programs that are inclusive to Aboriginal Elders (55 and older).

## Gerry Gray Place

604-485-4008 • #106-7075 Alberni

Drop-in program for seniors.

**Immigrant Welcome Centre**  
 604-414-3630 • #106 – 2871 Joyce  
 immigrantservices@liftcommunityservices.org  
 Supports for immigrants to Canada including ESL English tutoring; settlement information; clubs and social groups; help with documents and applications; referrals to community supports; and information about life in Canada and Powell River.

**Parkinson's Support Group**  
 604-223-4566  
 Information and resources. 2nd Tuesday of the month, 1:30-2:30 at the United Church.



**Supported by ads**

This publication, and the directory of services, was researched and created by the staff at *qathet Living*. It is made available to residents free of charge.

Publishing it was made possible by the advertisers in this issue, including those with the premium highlighting. Please support them.

**Did we miss you?**

While we endeavour to include as many as possible, we may have missed a health provider or service. If so, please let us know at 604-485-0003 or sean@prliving.ca so we can be sure to include it in next year's edition of ZEST.



**Senior Citizens' Association #49**  
 604-414-9456 • 6792 Cranberry  
 Provides social, mental and physical activities for seniors.

**Source Club Society**  
 604-485-0005 • 4476 Cumberland  
 Supporting people living with serious & persistent mental health conditions. .

**SUSTAIN**  
 unity@sustainpowellriver.ca  
 Substance User's Society Teaching Advocacy Instead of Neglect is a peer-managed group that advocates for individuals who use drugs or who have substance use disorders to use drugs safely, find affordable housing, and form positive relationships within the community. Meetings every Tuesday at 4pm at the CRC (4752 Joyce.)

**Trans qathet**  
 604-414-6184 • transqathet.ca  
 info@transqathet.ca  
 Peer to peer support for gender diverse and trans people, and their allies. Hosts workshops and meet-ups, including a Zoom meet-up the first Tuesday of every month from 7 – 8:30 pm.

**Women's Health Network**  
 604-485-2132 • 4750 Joyce  
 United Way and VCH partnership to promote and support women's health.

**Walking Grief Support**  
 604-223-7309  
 Every Wednesday 10:30 and 7:30 at Seawalk. All welcome. Organized by Hospice Society.

**Wellness**

**Catherine and Selena**  
 604-223-8877 • 4536 Willingdon  
 Intuitive Energy Healing, Meridians, Energy Centers and Entanglements.

**Coaching with Silvana**  
 604-414-4587 • silvanahernandez.com  
 Personal Development Coach  
 Enabling deep and lasting change. Enjoy clarity, momentum and growth as you are lovingly guided through life transitions using the Enneagram and Integral Coaching® Method. Transformational coaching that helps you courageously walk through change so you can fully love who you are and how you do life.

**Cedar Cove Coaching**  
 604-414-4274 • Harvie Ave  
 Our motto is, Embrace Adventure Together. I will help you explore your goals and growth.

**Dragonfly Touch**  
 604-483-6643  
 Neuro feedback, reiki, theta healing. Alene Norris.

**Fusion Medicine Integrative Clinic**  
 604-223-8877 • 4536 Willingdon  
 Clinical Homeopathy. Suitable for the most sensitive. Primary or add-on care.

**Healing with Krista**  
 604-578-8588  
 EFT tapping, organic microgreens, reiki, reflexology, angel card readings and more.

**Inner Light Natural Healing**  
 604-414-5385 • 5794 Marlatt  
 Pure Spiritual Healing: For balancing and harmonizing the energies.

**Live with Bliss**  
 604-483-4380  
 Essential oil products and training. Discover how the right oils can help you.

**Sage By Sea Wellness Practice**  
 604-223-1957 • 7061-D Duncan  
 Reiki, Thai Yoga Massage, Hakomi Counselling Practitioner

**Simply Bronze**  
 604-485-4225 • 6975 Alberni  
 simplybronze.ca  
 Let your body make its own Vitamin D naturally, with a tanning visit to Simply Bronze. (Fake sun still produces Vitamin D!) Exposure to sunlight improves your energy and elevates your mood. Detox in the infrared sauna.

**Sounds Good Health and Wellness**  
 778-522-9642 • 10988 Berger  
 Reflexology, reiki, and a variety of modalities to help you on your wellness path.

**Spirit Wind Healing**  
 604-487-4274 • 8754 Hwy 101  
 Angel readings, reiki, ARC bodywork, Hawaiian Huna, psychometric aura testing.

**Wild Spirit Apothecary**  
 604-208-4969  
 wildspiritapothecary.ca  
 Amber Friedman runs this small-batch apothecary that offers a variety of botanical body care products, plant-based medicine, consultations and herbal medicine classes. Products are available at the following locations: Ecosentials, Studio Curious, Lund Market and online.

**Wolffy's Book Den**  
 604-483-4940 • 6729 Cranberry  
 wolffdenbooks.com  
 A story-lover's haven for children and adults, the Den's *Conspiracy Bazaar* stocks not only planners, journals, and organizing tools but also books and accessories for the mind and body on all spiritual paths. ☑

# VCH Services

The following programs are provided through Vancouver Coastal Health at the qathet General Hospital. 604-485-3310 • 5000 Joyce Avenue

## Adult Day Program

Social stimulation and therapeutic recreational programs in support group settings. Clients attend for caregiver respite, awaiting residential placement, etc.

## Adult Mental Health Program

Serves clients over age 19 who are diagnosed with a major mental illness and experiencing significant problems that interfere with functioning in the community.

## Air Quality Program

## Acute Ambulatory Nursing

## Assisted Living

## Audiology Services

## Child Health Clinic

Bring your Child Health Passport to record your child's current and past immunizations up to age 5.

## Facilities Licensing

Inspection of licensed adult and childcare facilities.

## Community Nutrition Services

## Dental Public Health Program

## Drinking Water Safety

## Early Childhood Vision Screening

## Food Safety Program

## General Hospital

33-bed facility providing services that include surgery, endoscopy, ICU, obstetrics, in-patient psychiatry, oncology, emergency and diagnostic services.

## Harm Reduction Services

## Home Care Nursing

## Home and Community Care:

- Case Management Services
- Rehab Services
- Social Work Services

## Infant & Childhood Immunization Clinic

## Influenza Vaccinations

## New Mother and Baby Care

## Nursing Support Services

## Palliative Home Care Nursing Services

## Public Health Nursing and Early Years

## Recreational Water Safety

Monitoring recreational beaches weekly during the swimming season. Commercial pools and hot tubs are also approved and inspected regularly.

## Safe and Healthy Environments


Water, food safety and water treatment info.

## Speech and Language Services

Children Age 0-5 Years

## Tobacco Reduction Program

## Youth Clinic

Free and confidential drop-in health services for youth. This includes HIV and STI testing and treatment, birth control options, contraceptives, condoms, pregnancy tests, pap tests, clinical youth counselling and more. 

FIONA BUTULA, RD

## MARINE DENTURE CLINIC



COMPLETE, PARTIAL & IMPLANT-RETAINED DENTURES  
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FREE CONSULTATION

OPEN MONDAY - THURSDAY  
604-485-2212 | 4670E MARINE AVE  
WWW.MARINEDENTURECLINIC.COM

## Do you answer yes to any of these questions?

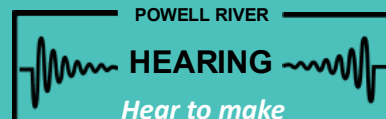
- Do you often ask people to repeat themselves?
- Do others complain that the TV is too loud?
- Do you have difficulty recalling information or remembering conversations?
- Do you experience any of the following symptoms: Tinnitus (ringing), Vertigo (dizziness), Aural Fullness (pressure in your ears)?

**Hearing loss at any age can have a negative impact on your quality of life. Don't delay... call today and book a comprehensive hearing test.**



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604-485-0036

POWELL RIVER



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**Shannon Formby, RHIP**  
Registered Hearing Instrument Practitioner  
with the College of Speech and Hearing  
Health Professionals of British Columbia.

# *Pelvic Bowl Steaming:* **An Inward Journey**

**BY EMILY JENKINS**

**P**elvic steaming is a long-standing holistic health practice from many cultures around the world where-by steam gently permeates the floor of the pelvic bowl.

I tried this practice with Lana Joy Parra and Amber Friedman earlier this year and would recommend their Circles to others. Lana is a Holistic Reproductive Health Practitioner and Fertility Awareness Educator who teamed up with Amber for her specialised knowledge and experience in herbalism.

Together the two create a comfortable and calm environment in Amber's Wild Spirit Apothecary studio.

We encircled our steam stools within a low-lit, enclosed, and warm space dubbed the "womb room." Within the circle of boxes was a small table where we placed our mugs of tea around a central candle. After some introduction and basic explanations we set our intentions for the session.

We were each given a jar of herbs individually tailored based on our intake forms and the knowledge of Lana and Amber. I mixed my herbs and intentions into the pot sensing an empowering witchy magic. While the herbs steeped we used our hands to palpate the physical bony edges of our pelvis.

We explored our physical

bodies in relation to the pelvic bowl to familiarise and acknowledge this sacred part of ourselves. We followed with vocalizations, feeling physical sensations through our breath, centering us in the space.

When it was time to steam, we all sat, our long skirts draping over our legs and steam boxes, creating an enclosed environment. Within a few minutes the warmth of the steam could be felt.

Lana gives a beautiful visual of the pelvic bowl paralleling the moon; both filling up and emptying over the course of the month.



After some time we rose from our seated positions to stretch our bodies while the room filled with the lovely scent of our combined herbs.

We closed the gathering with a poem and a sharing circle and those of us who wished to share described our experiences and learnings.

There was a sense of feeling cared for, of internal warmth and of an enlivening sensuality.

The practise can be done alone, and Lana shares with others how to do so at home without any special equipment, but the group setting creates unity and a sense of connection through the shared experience.

I found pelvic steaming a beautiful self-care ritual of honouring and celebrating my body's sacredness both physically and symbolically. ☑

Photo above and on the front cover by Lana Joy Parra



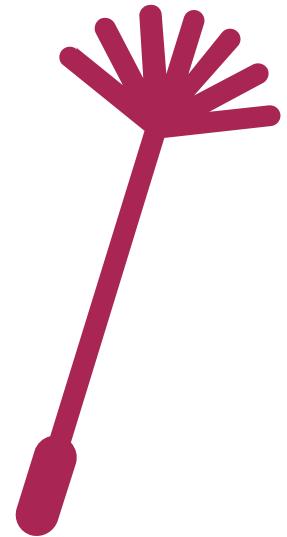
## COMMUNITY SERVICES

*Inclusive Services  
Connecting a Thriving  
Coastal Community*

Working toward a welcoming, inclusive,  
and diversity-affirming community  
that is free of poverty and full of heart.

### What we offer the community:

- Housing
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- Poverty Reduction
- Family Support
- Community Health
- Immigrant Services
- Community Leadership and Development



**Learn more at [www.liftcommunityservices.org](http://www.liftcommunityservices.org)**

**604-485-2004**

**[info@liftcommunityservices.org](mailto:info@liftcommunityservices.org)  [@liftcommunityservices](https://www.instagram.com/liftcommunityservices)**



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Cognitive Therapy  
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Wellness  
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**[vkwellness.ca](http://vkwellness.ca)**

**@vkwellnessinitiative**

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