

ZEST



The Caregiving Issue

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Caregiving is the heart of being human

By *Pieta Woolley, Editor*

As a parent, one of the lessons I teach my offspring is what is private, and what is public. In our culture, almost everything to do with our bodies is not for public, casual conversation.

The visual details of that infection, what smells, how you felt before you threw up, as compared to afterwards. I tell my teens that this is stuff we keep to ourselves, or share with a very small group of close friends and family and professionals.

Generally, this is good advice, for kids. But it's also isolating. So much of our human journey is our relationship with our own ever-changing body and mind - and the bodies and minds of the people we love. And, telling stories is how we connect with each other, and learn from each other.

So, writing stories about health is a privilege, because you can ask very intimate questions, and hear totally bare answers. Health writing transcends the politeness of how we normally converse about each other's bodies.

In this issue of Zest, I am particularly thrilled to bring you the stories of two families who cared for people they love with passion and grit and vision - often through very difficult circumstances (Page 4). One family is the Chinns, who raised their son Robbie, who has Fragile X syndrome and autism. The



other is the Gisbornes, who were able to care for Stan in their multi-generational farmhouse, for the seven years between a catastrophic surgery and his death this summer.

Caregiving is not for the faint of heart. It's tough, exhausting, isolating work that is the definition of hands-on love. And, most of us do it (Page 5). Talking about the stress of it can be taboo, but as Mark Gisborne said, "One thing we all figured out is that the mental and emotional health of caregivers is important to caring for someone else." Hearing other people's caregiving stories - which can get pretty wild - can be balm for folks in the midst of it.

Another way many of us offer care to those who are sick is by giving blood. However, there hasn't been a clinic here to collect blood in many years. Retired paramedic Glenn Holstine throws down a challenge on Page 21: if 3,000 people in this community say they'll donate a pint (he is collecting names via email), will Canadian Blood Services come here to collect it?

As Glenn points out, qathet is a community-minded, actively-caring region. We care for each other.

Often, because it's in the private realm, that care is nearly invisible. It's parenting. It's nursing. It's massage. It's marriage. Caring is cooking, and harm reduction, and taking your neighbour to the ER. Care, in other words, is the heart of health. **Z**

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On the Cover:
 The Chinn family at home. When their kids were young, there was never a dull moment.

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Meet two qathet families who chose to care for a loved one at home, under two very different, but very demanding circumstances. Both families say they feel grateful for the support that exists in this community - but also point out we have far to go, as a culture, in supporting family caregivers. *By Pieta Woolley*

Hands-On Love



CAREGIVING IS A WILD RIDE: Above, Bill and Janet Chinn at home with their dog Rosco. Their son Robbie, 27, who has Fragile X syndrome, moved into a group home a few years ago, and is broadening his horizons by trying new foods, including burgers.

Grit, resilience, and parental love -

Why the Chinns thrive

“We can see you’re in crisis. Would you consider giving Robbie up to the Ministry so we can place him somewhere else?”

This was said to Janet and Bill Chinn nearly 20 years ago. A social worker came to their house to offer them a way out. Their seven-year-old son, Robbie, was becoming a handful. With Fragile X, his behaviour had progressed from simply showing signs of delay in his toddler years, to extremely difficult. Getting him out of the car often required full-body wrestling. He raged at the noise his younger sister made, or if someone coughed or laughed. He smashed the glass French doors in the family’s living room.

And his parents were wearing the stress.

“I didn’t even know I was depressed,” admits Janet. “The situation was impossible. It made me nasty. I wasn’t nice. I would have left me if I could.”

Many couples parenting children with special needs break up due to the stress – as do parents of typical children. That was not going to be the Chinn’s story. Bill was adamant.

“I remember thinking at the time, ‘Yes, we have a tough life ahead of us. I can see where this social worker is coming from.’ But I said, ‘Don’t ever ask us that again, please.’”

Instead, the duo powered through.

They've been married for 30 years, and raised two children with special needs (their daughter also carries the Fragile X gene, but it doesn't present in the same way). But how?

In part, it was personality.

"Some people say, 'Wow, you're amazing for doing this,'" said Bill. "No. We're parents. You do what you have to do for your kids."

Janet notes that they're both pretty resilient people. "I'm British," she quipped. "We just get on with it."

And, in part, this community made it possible for them.

The Chinns moved here from Vancouver when Robbie was three months old; Bill accepted a job at the mill. Janet had worked in banking in the city. They'd planned for her to go back to work, but with Robbie's diagnosis, she couldn't without dependable, expert care – and that just wasn't available. So, she stayed home.

Because the mill paid so well, and buying a home was possible for them, they were able to make that choice. The Chinns point out that, with the mill closing and the much-inflated cost of housing here now, that choice is no longer available to most families.

Paid respite care was available to them two weekends a month, although finding someone who was capable of caring for Robbie, who sometimes lashed out, was a challenge. At one point, they had so much respite care stored up because they couldn't find a worker willing and able to take on Robbie, they gave the care away to another family. Over the years, a small number of skilled, caring folks emerged, and were able to give them weekend respite.

As the family interacted with the community as Robbie grew up, they realized that many people simply didn't understand how to be with them. They lost friends. Occasionally, people would call the RCMP when they saw Robbie acting out, or interacting with a caregiver. Bill was called out for using a disabled-only bathroom on the ferry with Robbie. Waiting for haircuts or other appointments was excruciating for Robbie (and those around him), and

YOU ARE PROBABLY A CAREGIVER

In April, Statistics Canada released a report on caregiving. About a third of Canadians provide unpaid care to children or care-dependant adults. But the work is not divided equally.

- 70% of 35-44-year olds do unpaid care work, the highest percentage of any demographic.
- Nearly as many 45 to 64-year-olds do unpaid care, but they're caring for fewer children, and more care-dependant adults (often elders).
- Caregivers - especially women - reported feeling tired, anxious, overwhelmed, and had disrupted sleep.

coordinating no-wait situations took some education.

"As parents of a special needs child, our whole life is about thinking outside the box," said Bill. "Often, people in the real world don't know how to think outside the box."

Sometimes, people were awful. "Why don't you keep that damn kid at home where he belongs," is something they've heard, over the years.

Once most people understood better, the Chinns said, they were able to rise to the occasion. It was that they were constantly advocating and educating that kept the couple from seeking out a group home for Robbie when he became an adult. But when he turned 23, Janet knew it was time. Bill got to go to work, but she could never leave Robbie at home alone, and her daughter was no longer home to spell her off.

"Our fear was that no one would ever care for him or love him as much as we do," said Bill.

Now, Robbie lives in a group home run by inclusion Powell River (Bill sits on the board of directors.) It isn't without challenges, the Chinns said, but Robbie is thriving, and they're still involved in his life and care. Robbie is healthier, and expanding his horizons.

The couple is proud of their journey with Robbie – pleased they made the choice to raise him, happy he is able to be more independent now.

Love & exhaustion

Stan Gisborne passed away this summer at 78. Complications during open heart surgery in 2017 left him "locked-in" and unable to walk or talk. In the seven years between that surgery and his death, his wife Jan, son Mark, daughter-in-law Bronwyn and grandchildren rallied around him at the farm shared by the three generations. They built an accessible addition on to their aging farmhouse to accommodate his wheelchair and other new needs. And, they took turns with hands-on care – plus running a farm, staying active as citizens, working, and more.

Here, Mark Gisborne explains the joy, rationale and cost of in-home care.

My primary task was the night shift. On July 6, I stayed up all night, and ensured my father, Stan Gisborne, was comfortable – as we knew he was approaching the end. As usual, I positioned him to reduce overnight discomfort, and repositioned him throughout the night. In the early morning, he passed away in his sleep.

Afterwards, I turned off all the equipment, and opened the windows. And for the first time in a long time, his room was silent and still.

When Stan first needed care, it was obvious to all of us that the medical system was ill-equipped to handle the needs of someone in his condition. Every action we take for granted, needed to be provided by his caregivers: from scratching an itch or wiping his face, to using the toilet.

After eight months in facility, we started with home support from Vancouver Coastal Health. This was later contracted out to a private home support provider. And even later still, we used BC's CSIL (Choice in Supports for Independent Living) program. These supports were insufficient to meet all of Stan's needs. Friends and family made his journey possible. Community members of all sorts showed up and did what they could. We also spent a significant amount of money out-of-pocket on rehabilitation and physiotherapy.

n: care at the end

Stan worked hard, and was eventually able to feed himself, speak, and even started to stand with the assistance of others.

A typical day of caregiving was broken up into shifts and tasks. The morning shift would take several hours, and involved getting Stan up and out of bed, into his chair and ready for the day. The afternoon would usually involve appointments, rehabilitation, and social interactions. Later into the evening, caregivers would work at getting Stan ready for bed. After 10 pm, I would arrive to work the closing shift, seven days a week, 365 days a year. This would give Stan a sense of comfort that his night would be consistent and comfortable.

Someone in Stan's condition needs to see a clock, so that if they do wake up in pain, they wouldn't lose track of time.

Looking back, it was a challenging journey. My relationship with my father changed dramatically in the transition from "son" to "caregiver."

The love and appreciation between my father and I was often unspoken, but apparent in our expressions, and our eyes.

A facility can often feel impersonal, and emotionally distant. Sleeping in an unfamiliar location can certainly have a detrimental effect of one's care, and can create a disconnect between the patient, their family, and the community. We were fortunate that our multigenerational home allowed us to wrap care around Stan.

And, as his front-line caregivers, we were in a very good position to advocate for him, as we knew his needs intimately.

The nurses, doctors and caregivers were amazing. But the system and bureaucracy is extremely frustrating and did not seem to be designed to meet the needs of either Stan or his family. It is designed to put a patient into a "box."

None of his immediate family had any previous caregiving experience



HOME CARE: Less than a week before Stan Gisborne passed away, his granddaughter Marceline, 4, left her bed in the early morning and crawled in with him. Mark found the two of them cuddled in Stan's hospital bed. "It was one of those moments that made such a hard journey worth the efforts."

that could translate to meeting Stan's care needs. But we were quick to learn. One thing we all figured out is that the mental and emotional health of caregivers is important to caring for someone else. If I was unhappy, or struggling, I could easily transfer those feelings to my father and impact his mental health.

Sometimes, the best thing to do is to step back and step out of the room, refocus, and re-enter with the love and care that my father needed.

Ultimately, choosing to care for my father at home was worth it. But of course, there were costs. Not just financial, but emotionally and spiritually.

While there were hard times, there were also unforgettable moments.

He lived with his family and his grandchildren. He would often go out on his farm to check on the fruit trees he had planted years ago, and provide advice on their care and harvest. He even researched and purchased more fruit trees that he knew he would never

taste the fruit of. Stan was present for the birth of his granddaughter Marceline at home – an unforgettable experience that would not have happened in a facility.

The care was complicated, detailed, and strenuous. You will find yourself second guessing yourself, questioning your abilities and whether or not you did the right thing.

As a caregiver, you will need to remind yourself "Just calm down and do a good job."

When I would finish my shift at night, and get ready for bed. I would ask myself:

"Did I do the best I could, with what I knew at the time, within my ability?" Almost always, the answer was yes. Could I have done better knowing what I know now? Absolutely. But those lessons were learned with my family – including my father.

We were together, wrapped around each other, until the end. **Z**

Note: A full version of this interview is available on the qathetliving.ca website.



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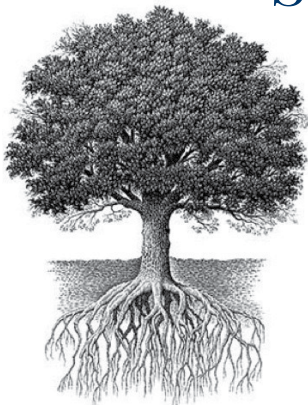
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604-414-7815 • 4400 Marine
Sara is at Suncoast Integrated Health offering registered acupuncture.

Patricia MacPherson Acupuncture, Oriental Therapy

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Annie Slakov

604-223-9323 • 105-7373 Duncan
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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.

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

604-485-7134 or 604-208-9993
Low-barrier substance use treatment clinic providing pharmaceutical alternatives to the toxic and unregulated drug supply. Also offers clinical (medical) supports for people who use substances and face challenges accessing mainstream healthcare.

Miklat Recovery Society

604-483-6462 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 – 11:30pm daily.

Sunshine Coast Health Centre

1.866-487-9010 • 2174 Fleury
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 supportive group setting.

Better At Home

604-485-4008 • #201-4675 Marine
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

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Home & Community Care

604-485-3310 • 3rd Floor, 5000 Joyce
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604-485-2220 • Unit 200 - 6975 Alberni striveliving.ca

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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

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Willingdon Creek Village

604-485-9868 • 4980 Kiwanis

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Birth & Babies

Babies Open New Doors (BOND)

604-485-2604

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.

Blessings & Births Doula Care

604-356-3857

Birth & postpartum. Jackie Storms, perinatal educator, breastfeeding support, & more.

Dr. Catherine Cameron, Dr TCM

604-223-8877 • 4536 Willingdon

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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

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, 0–8 years. Youth & Family Powell River.

gathet Midwifery

604-493-2024

4539 Marine (Marine Medical)

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

Dr. Selena Bloom, MD SEP

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Cranberry Child Development Centre

604-483-4042 • 6831 Artaban

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

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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

604-413-7153

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.

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, 0–8 years. Youth & Family Powell River.

Strong Start 0-5 Years Program

604-485-6271 ext 2244

SD47 programs working in partnership with parents, children, and educators.

Tla'amin Nation's Child Development Resource Centre

604-413-7055 • 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 ʔaye – Children's House

604-413-7055 • 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, 8:30-1:00 daily with a strong ʔayʔajuθəm language immersion component.

Tla'amin Nation's Student Success and Wellness Caseworker

778-412-6822
Provides support to Tla'amin 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.

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Marine Chiropractic & Wellness

604-485-9896 • 104-4675 Marine
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Powell River Chiropractic

604-485-7907 • 104-4675 Marine Ave
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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

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.

Dr. Carol Battaglio Counselling

604-578-1199

PHO counselling, psychology. Grief, trauma, family, depression and addictions.

Cheryl Milne Hypnotherapy

604-483-1136 • @cherylmilne23

Prepare for surgeries and enhance your healing mindset. Accelerate healing and develop mental resilience after injuries. Unlock your peak performance for sports and break through performance barriers.

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
mettalaw@gmail.com

Fix that learning problem ... quickly and permanently! Eva offers Ellennell Foundations, individualized brain-training in literacy, numeracy and logic.

Heather Thrasher Grit & Growth Therapeutic Solutions Ltd.

604-414-6558 • 4536 Willingdon

gritandgrowththerapeutics.com

Registered Clinical Counsellor & Psychotherapist. Works with individuals, families, and couples, using an integrated approach to supporting grief & loss, family/ marital issues, trauma, depression, anxiety, attachment & EMDR. Also specialises in supporting neurodivergent diagnosis: ADHD, autism & FASD.

Ikigai Counselling

778-847-6579

ikigaicounselling.com

Emmett Martyniuk, RPC, provides justice-oriented holistic counselling for men and people of colour. Are you feeling stuck, disconnected, and don't understand why? Feel frustrated, embarrassed or ashamed? Don't struggle alone – I'm here to help. Book a free phone consultation.

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.

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 and stress in legal disputes.

Dr. Michelle Patterson, RPsych

604-374-4961 • 961 Cedar Crest

Registered psychologist with 20 years experience.

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.

Mclsaac Counselling

604-208-2115 • 105-7373 Duncan

In my experience, everyone can benefit from counselling to live the life they want.

Police Based Victim Services

604-485-3415

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

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

Hakomi (mindfulness) counselling. Thai yoga, massage & reiki.

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...

Jocelyn Wood

604-818-9865

Registered clinical counsellor providing psychotherapy for adults. Anxiety & depression.

Chad Yurich, M.Sc. RTC Wildwoods Counselling

604-223-3376 • 4444 Omenica Ave

chadyurich@gmail.com

wildwoodscounselling.ca

This is my passion. I creatively assist clients to find wholeness and health. Counselling 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. Kevin Castilloux. 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 with Dr. Kaitlin Meredith and Dr. Milan Varma.

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 denturist 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

housingservices@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

Heather MacLeod

End of Life Doula

and Dementia 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.

Hidden Tree

Palliative Care Services

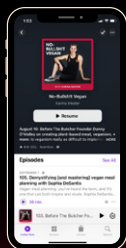
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Mark Johnston offers short-term live-in, respite, estate management.

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Is your child:

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- frustrated learning to read and write?
- exhibiting challenging behaviours that impact quality of life?

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Powell River-based Sunshine Coast Health Centre and the Georgia Strait Women's Clinic provide highly personalized addiction, mental health and trauma treatment for male and female clients respectively. Get daily 1-on-1 inpatient or outpatient treatment tailored to your unique needs.

Services include 24 hour-medical service, psychiatric assessment, EMDR, rTMS, psychotherapy, hypnotherapy, a dedicated group for military clients and much more.

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to learn
more!

Admissions Toll Free **1.866.487.9010** | schc.ca

Admissions Toll Free **1.866.487.9040** | gswc.ca

Hospice Society

604-223-7309 • PO Box 33, V8A 4Z5

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

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

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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

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.

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604-485-2513 • 4551 Joyce

optomeyes.ca • 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

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

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

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

Healthy recipe inspiration and cooking information with Emma Levez Larocque.

Russell's Health & Performance

250-818-2932

russellshealthandperformance.ca

Health and performance supplements, delivered to your door in Powell River. Book a free supplement consultation with local expert Owen Russell. Unlike the online retail giants, he provides personal recommendations by looking past the marketing, and through to the formulas.

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.

United Church

604-485-5724 • 6932 Crofton

Spaghetti dinner 3rd Monday, Sept-May, 4:30 - 6 pm. All welcome. By donation.

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

604-485-4796 ext. 7

literacy@liftcommunityservices.org

Reading, writing,, numeracy, digital literacy support. One-on-one and group tutoring.

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.

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 • #103-4511 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.

24-Hr Low-Barrier Shelter

604-578-0633 • 4746 Joyce

housingservices@liftcommunityservices.org

20-bed emergency shelter. Intake at 4 pm, checkout at noon. Overnight shelter, warm dinner, breakfast, community and resource referrals.

Danielle's Helping Hand Fund

604-294-8929 ext 8139 | #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, 604-485-0950.

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

housingservices@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.

Cranberry Cannabis

236-327-0021 • 5712 Manson

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

Pacific Coastal Cannabis

604-413-6953 • 107-4871 Joyce

Edibles, pre-rolls, cartridges, beverages, accessories and more.

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.

Massage & Laser

Behr's Massage Therapy Clinic

201B-4690 Marine

Peter Behr • 604-485-2155

Ayla Scholz • 250-309-7871

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.

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

Marie-Eve Barnes' mobie massage and reiki. Shiatsu, cranio-sacral, deep tissue, and more.

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. We offer online booking at kostaliwellness.ca and direct billing with Pacific Blue Cross.

Maple Avenue Massage Therapy

778-882-6864 • 5757 Maple

Specializing in systemic deep tissue and myofascial massage therapy.

Malaspina Massage

604-485-2224 • 3839 Selkirk

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

Marina Lagacé, RMT

604-414-7815 • 7061-D Duncan

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, body treatments, cold laser, botox.

gathet 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

Professional registered massage therapy, reflexology, and acupuncture.

Townsite Massage Therapy

Alison Richmond, RMT

604-905-8028 • 5670 Marine

Professional registered massage therapy in a peaceful home-based studio.

Medical Clinics

Dr. Louis M. Botha

604-485-8455 • 102-4675 Marine

Eye Physician & Surgeon

Broadleaf Health Collective

604-223-9323 • 105-7373 Duncan

broadleafhealthcollective.com

Integrative care including Naturopathic Medicine, Registered Acupuncture, Clinical Counselling and Bowen Therapy. Come visit our calm and serene clinic space.

Dr. Ginette Cloutier, R.TCM.P

604-223-7100 • 4585 Marine

Traditional Chinese Medicine; acupuncture and herbology.

Dr. Brigitte Dohm

604-485-7222 • 4539 Marine

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

4539 Marine

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

Dr. Willem De Flamingh

604-485-4877 • 6962 Alberni

Family Doctors.

Texada Island Health Centre

604-486-7525 • 4977 Sanderson

Home to Texada's physician and nurse.

Tla'amin Health

604-483-3009 • 4895 Salish Drive

Serving Tla'amin members and the First Nations people, Tla'amin Health delivers a wide range of programs and services. Primary care including Nurse Practitioners; Chronic Disease, Public Health and Home and Community Care Nursing; and Mental Health and Wellness, Harm Reduction and a Clinical Social Work supports. Population-specific programming is offered for Elders, children & youth, and families. Dental and footcare services are available.

Dr. Nicholas White

604-485-9200 • 4539 Marine

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.

ATP Therapy

604-223-0980 • 3978 Westview Ave

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.

Five Elements Acupressure Qigong, and Qi Yoga

604-483-3509 • Sandra Tonn • qisandra.ca

Qi = life force energy. Discover the mind-body-spirit connection.

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.

Matt Bourcier

604-578-8818

Personal trainer.

Mindful Moves

Body Care Services

604-483-6759

Hatha yoga with certified instructor Robin Morrison. Beginner and restorative classes.

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.

Recreation Complex

604-485-2891 • 5001 Joyce

powellriverprc.ca

Featuring two NHL-sized ice surfaces, a large aquatic centre with lap pool, leisure pool, sauna & hot tub. Fitness centre & studio, 720-seat Evergreen Theatre and meeting rooms. Registered and drop-in programs. Bike and Skateboard Park, 1.5km multi-use paved pathway and numerous hiking and biking trails that spread throughout Millennium Park.

Shift Fitness

604-561-3374

Private personal training. Specializing in improving mobility for adults and seniors.

Sunshine Somatics

604-388-7116

Certified Essential Somatics® Movement teacher. Hanna Somatic Education® classes.

T-Fit Yoga & Fitness

604-483-6225

Terri Cramb is a fitness, yoga and health coach.

Therapeutic Riding Association

604-485-0177 • 4356 Myrtle

Therapeutic horseback riding for those with physical, mental and learning disabilities.

Naturopaths

Dr. Lani Nykilchuk, ND

604-223-9323 • 105-7373 Duncan

Naturopathic medicine for the entire family. Health, mood, digestion, allergies & more.

Pharmacies

Freshco Pharmacy

604-485-4244 • 7040 Barnet at Joyce

Vaccines, medication reviews, bubble packaging, delivery and more.

The Medicine Shoppe

604-489-5919 • 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 • 4794 Joyce

Offers compression stockings, walkers, blister packing, free delivery and more.

Save-On-Foods Pharmacy

604-485-2629 • 7100 Alberni

Medication checks, vaccines, diabetes management, blister packs, compounds.

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

Community Living BC Office

877-592-1903 • 6975 Alberni

Supports adults with developmental disabilities and their families in BC.

qathet Division of Family Practice

admin@prdivision.ca • 4760 Joyce

divisionsbc.ca/qathet

Facebook: @qathetdivisionoffamilypractice

Instagram: @qdivisionoffamilypractice

Creating opportunities to improve primary care for physicians and patients. Also part of implementing qathet's Primary Care Network and team-based care in the region. Patients, practitioners, and those new to the area can find great health resources and information on our website.

Four Tides Hospice Society

604-223-7309 • Unit C 4675 Ontario

Compassionate support to individuals at the end of their life & their caregivers.

Powell River Assist

604-414-7947

Member of the BC Community Response Network. Educating community to prevent and mitigate seniors abuse and isolation and to 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.

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, Sexual Assault Services, and Poverty Law Advocacy. All services are free and confidential.

Youth & Family Powell River

604-485-3090 • 7105 Nootka

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

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

Support, education and advocacy for persons living with an acquired brain injury.

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

604-208-7221

1st and 3rd Tuesdays at 10:30am. Organized by Four Tides Hospice Society.

The Compassionate Friends

604-487-0889 • 604-218-6245

powellrivertcf@gmail.com

The Compassionate Friends offers friendship and understanding to bereaved parents after the death of a child. Our purpose is to support parents in their grief journeys, and to foster the physical and emotional health of bereaved parents and siblings. We meet monthly in Powell River on the 4th Tuesday.

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.

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. Meetings every Tuesday at 4 pm at the CRC (4752 Joyce.)

Trans qathet

604-414-6187 • transqathet.ca
info@transqathet.ca

Peer to peer support for gender diverse and trans people, and their allies. Workshops and meet-ups, including a Zoom meet-up the first Tuesday of every month 7 - 8:30 pm.

Grief Walking Group

604-223-7309

First and last Tuesday at 10am at the Lower Seawalk parking lot. By Hospice Society.

Wellness

Catherine and Selena

604-223-8877 • 4536 Willingdon

Intuitive Energy Healing. Meridians, Energy Centers and Entanglements.

Cedar Cove Coaching

604-414-4274 • Harvie Ave

Our motto is, Embrace Adventure Together. I will help you explore your goals and growth.

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

Reflexology, reiki, hands-on healing, & more.

Inner Light Natural Healing

604-414-5385 • 5794 Marlatt

Energy healing and intuitive counselling and meditation.

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, 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, Artifacts Gallery, Lund Market and online.

Wolffy's Book Den

604-483-4940 • 6729 Cranberry

wolffdenbooks.com

fb.com/conspiracybazaar

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. 

qathet's forests can help treat pain

BY TODD CALDECOTT, DIP.CL.H., RH(AHG), CAP(NAMA)

Herbal medicine offers a holistic approach to managing both acute and chronic pain, distinct from conventional medicine's focus on symptom suppression. It adheres to the Hippocratic principle of *vis medacatrix naturae*, or the "healing power of nature," allowing us to harness the body's inherent capacity to heal itself.



LOVE YOUR MOTHER: Herbalist Todd Caldecott snuggles with a harvest of fresh motherwort (*Leonurus cardiaca*)

Herbal treatments for pain can be broadly categorized into topical and internal applications. For topical relief, rubefacient herbs are employed to enhance local blood circulation.

An example is a liniment derived from fir bark (*Abies grandis*), which in the drier coastal forests of qathet is often found along creeks and streams. For joint pain, I might combine this liniment with cottonwood leaf bud oil ("Balm of Gilead"), which I sometimes harvest from the ALR lands behind my property in Wildwood.

For the internal treatment of pain there are other local plants, including common "weeds" such as yarrow (*Achillea millefolium*) and St. John's wort (*Hypericum perforatum*). On my local walks I often find Yarrow growing on the primeval mossy bluffs overlooking Malaspina Strait, and have used it in arthritis, menstrual pain, and toothache.

In contrast, St. John's wort is more frequently encountered in disturbed areas, useful for both internal and topical purposes in the treatment of nerve pain, ranging from shingles to herniated disks.

Before delving into treatment, I always prioritize a wholesome diet comprised of natural, fresh foods as the cornerstone of this "vitalist" approach.



**Earn Extra Income
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Strive is seeking Home Share Providers in Powell River and the Sunshine Coast

Care providers preferred qualifications:

- A suite or room available in their home
- A minimum of one year experience working with adults with acquired brain injury, mental health diagnoses, as well as physical, intellectual, and medical healthcare needs
- A valid BC drivers license and vehicle

Please submit a resume and cover letter to ashley@striveliving.ca or by fax to 604.936.9003 Attn: Ashley

Learn more at: striveliving.ca/services/adults/assisted-independent-living/

Strive Living Society

604-485-2220 • Unit 200 - 6975 Alberni



Todd Caldecott
Dip.Cl.H., RH(AHG), CAP(NAMA)
ayurveda • herbal medicine • nutrition

With more than 27 years of clinical experience, Todd will get to the bottom of your health issues with comprehensive support, including diet, lifestyle, supplements, and botanical medicine. Author of *Food As Medicine*.

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For Appointments:

778.896.8894

clinic@toddcaldcott.com

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qathet SAFE is pleased to announce our new program:

Sexual Assault Services

For more information, contact Tammy at 604-414-8125 or sassprogram@telus.net

24/7 help for everyone

604-485-5335
www.qathetsafe.ca

Take Our Blood, Please!

Glenn Holstine has a challenge for Canadian Blood Services. If 3,000 people in this region promise to donate a pint, will CBS come to collect it?

Glenn is gathering names via email so that he can show the agency how much blood they're missing out on, by skipping this town (see sidebar). Canadian Blood Services (CBS) is the agency charged with collecting blood and plasma for our public health care system. The Red Cross used to collect blood here, and fly it to Vancouver. But a donor clinic hasn't been held here in many years.

CBS collects about 850,000 units of blood each year, across Canada.

"I was a first responder for 36 years," said Glenn, who donates regularly when he is in Vancouver and often sees qathet-based friends and neighbours there.

"I worked for forestry, the oil and gas sector. I've saved people and seen them die in my arms. There has been times there was not enough blood."

Aside from his professional front-seat to the necessity of blood donations, Glenn says there's a moral problem here.

"Blood comes into this community on Pacific Coastal Air in the mornings,



ON FACEBOOK, BUT NOT FACE-TO-FACE: Canadian Blood Services is actively recruiting donors on social media, but some of BC's rural communities say they're not actively collecting blood outside of major centres anymore.

and gets taken directly to the hospital. So we're takers, but we're not givers. This is a blood-for-blood idea."

It weighs on Glenn that this community cannot donate locally. He believes that thousands of locals would donate regularly if they had the opportunity. We are a community-minded, responsible region, he said. Giving blood is part of that set of values.

Currently, CBS is deciding where to send mobile clinics for 2024-2025,

according to the agency's director of donor relations, Gayle Voyer.

"It's difficult for us, knowing there are people in Powell River who would donate, but can't because of distance," she said in a phone interview. "We base our decisions of where to send mobile clinics based on the number of units projected, labour, transportation, distance... we have to be fiscally responsible to our funders and use our dollars responsibly."

Gayle suggested other ways locals can make a difference, including donating while they're on the Island or in Vancouver (blood.ca has locations), joining the stem cell registry, encouraging friends and family elsewhere to donate blood through CBS' "champions" program, or donating money.

"I love hearing that the community wants to support us," said Gayle. "All of these are crucial ways people can make a difference - although maybe not in the way they're used to."

In 2022, potential donors in both the Kootenays and Prince George area went to the media to complain that - although CBS was advertising that they're in need of donations, the clinics weren't accessible - often at least a three-hour drive away.

Glenn, who is A negative, says it's time CBS offers rural BC the opportunity to give blood. And he believes this community will step up. **Z**

WANT CBS TO COME TAKE YOUR BLOOD? EMAIL GLENN ASAP

If you would donate blood at a mobile clinic here, send a note to glennholstine@gmail.com by November 30.

He is compiling names for a petition to Canadian Blood Services, demonstrating that it will be worth their while to come to this community, as the Red Cross used to do.

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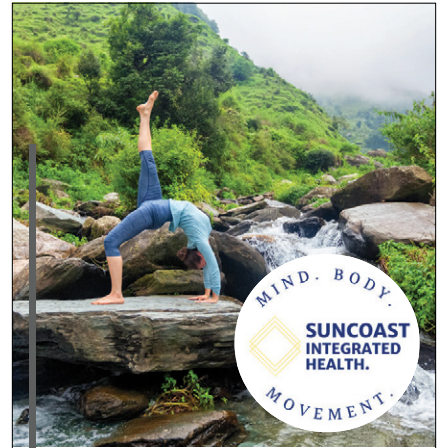


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See us for registered massage therapy, chiropractic, rehabilitation, personal training, counselling, acupuncture, concussion and chronic pain services.

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Call 604-414-7815 or
 view schedules and book online at
suncoastintegratedhealth.com

LIFT COMMUNITY SERVICES

Inclusive services connecting a thriving coastal community.

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 food and food skills programs</p> | <p>Healthy Care Pregnancy Program
 advocating for pregnant people</p> | <p>Community Resource Centre
 drop-in community centre</p> |
| <p>Family Place Resource Centre
 drop-in hub for young families</p> | <p>iOAT Clinic
 opioid support in a clinical setting</p> | <p>Supportive Housing
 housing with on-site supports</p> |
| <p>Immigrant Services
 supporting immigrants to Canada</p> | <p>Literacy Outreach
 improving community literacy</p> | <p>Babies Open New Doors (BOND)
 prenatal nutrition program</p> |
| <p>Emergency Shelter
 open 24 hours with 20 beds available</p> | <p>Community Development Services
 collaboration on local issues</p> | <p>Employment Services
 job skills and connections</p> |

Learn more about Lift and how to access our services at www.liftcommunityservices.org

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- Mindfulness-Based Cognitive Therapy
- ADHD Coaching for Adults and Children
- Kinesiology
- Holistic Nutrition
- Workshops & Educational Programs

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  @vkwelnessinitiative

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