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LIVING
2025

HELP FOR STRESS • DANCE & CROSSFIT • QATHET REGION HEALTH & WELLNESS LISTINGS



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OUR TEAM: Arnold Mulder, MTS-C, CCC;
Laura Chan, Marriage & Family Therapist, RCC;
Rick Berghauer, BA Psych, MEd Counselling Psych, CCC

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Rick Berghauer & Associates Counselling Services has been helping the community for 10 years!

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Rick has been a counsellor in Powell River for 23 years!



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– Rick Berghauer,
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- Jean-Paul Sartre

I consider it an honour to work alongside people who are motivated for change and moving forward in life. You are not merely the result of past experiences, genetics or events. I seek to help you identify and address your needs, challenges and goals from a respectful and supportive role.

I have extensive experience & skills with PTSD among military/first responders, health care professionals, addictions, families and navigating insurance challenges. My previous experience in law enforcement and complex health challenges, including insurance issues, is unique and at your service.



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Chris Walford

MA Counselling RCC CCC
EMDR Certified

cwalford444@gmail.com

604-223-4415

We are made wise not by the recollection of our past, but by the responsibility for our future.”

- George Bernard Shaw

I tried it. I liked it.

By Pieta Woolley, Editor

The absolutely best part about being a journalist is this: it's an excuse to call anyone, and ask them questions or request to directly see or experience what they do. Obviously, no one has to answer those questions or invite me in. It's wonderfully shocking how often they do.

Humans want to share their knowledge, and want to make the world better.

That's certainly what I experienced this month, when I went looking relief from the symptoms of chronic stress (Page 6).

I didn't have any special journalism powers to unlock the generous expertise of the health providers I spoke with—it's all available to everyone.

The whole staff at *qL* is thrilled to bring this issue of *ZEST* to the community. The heart of *ZEST* is the listings, which you can find starting on Page 11. Getting these right, and as complete as possible, has been a labour of love over the last



several years. This section represents a diamond mine of local expertise in conventional and complementary / alternative medicine and wellness.

You can take control of your own health and well-being, and reach out to this crew to try different modalities to treat your own body and mind. Think of it as a playground, rather than a clinic.

Many of us have life-long practices that enhance our physical and mental wellbeing. On Page 30, *qL*'s own office manager Lauren Diemer guides us through her own morphing practice, which started on pointe shoes as a teen, through contemporary dance and hot yoga, and now has her lifting surprisingly heavy weights (she's tiny) at Powtown Crossfit.

To directly experience the scope of what health modalities are available in this region, make sure you write on your calendar this date: November 8. That's the annual Health & Wellness Fair, which takes place at the Recreation Complex (see the back page). Entry is free. Bring your curiosity, your health challenges, and an open mind.

See you there! 📍

CONTENTS

Stress Test	6
Health services listings	11
Weekly Seniors Activities	28
Tiny Dancer	30

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On the Cover: Certified Nutritionist and Life Coach Amy Price brings her rich knowledge—both from studying and from professional and personal life experience—to her work at Kelly's Health Shop. Learn more starting on Page 6.

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Stress Test

When life is just too much, qathet's health community is here to help.

BY PIETA WOOLLEY

Sometimes, for sustained periods, life hands each of us layers and layers of new stresses — seemingly just to see how much we can take. This is not a True Confessions column, so I won't burden you with the nitty-gritty parts of my continuing saga.

But stress has been my constant companion throughout 2024 and 2025. That's true for many, many other locals, I know. I hope you are all finding ways to charge through, in spite of it.

I can't do anything about any of the situations causing the stress. Instead, for ZEST, I tried out three local offerings to help with the symptoms. Those symptoms range from sleepless nights; to panicky, heart-palpitation anxiety attacks; and a total ambition-withering lack of focus. I'm pleasantly shocked every month that the magazine gets finished.

All three offerings are relatively low-cost — compared to the cost of carrying unrelenting stress.

Did they work?

1. Infrared & Red Light

The Wellness Pod at Simply Bronze • \$29.99 for a one-off 30-minute session, \$99 a month unlimited use plus tanning (three month minimum).

The Experience:

Simply Bronze owner Danica Work waited for me at the front desk when I arrived. I had to negotiate past the construction zone outside the Library to get there — a labyrinth of scaffolding and a symphony of hammers. Her store, in contrast, is an oasis of colour, aroma, and calm.

The Wellness Pod sits in its own quiet room. It looks like a futuristic version of the clam shell in Botticelli's Birth of Venus: white, beautiful, oddly welcoming. Danica demonstrated the easy controls, then left me to strip down, essential oil up, and enclose myself in the machine.

Heat, cool, and vibrations are what you can control. Lying face-up on a thick brown terry cloth mat, I chose medium heat — hot enough to sweat. I selected high vibrations for both my legs and back. Your head sticks out the

end of the machine, and you can add cooling breezes for your face. I didn't, until the very end.

The "wellness" part of the machine is the red and near-infrared light. It's the same light you'd get from sunlight and firelight, according to materials extolling the virtues of this technology. Some of the advertised benefits include weight loss and cellulite reduction, skin healing, brain function, easing of depression and anxiety, and combatting inflammation, among other purposes. You either believe in this stuff, or you don't. It doesn't really matter, I found.

The Verdict:

I blissed-out in the middle of my work day, in the intense warmth and quiet. Futzing around on your iPhone is near-impossible when you're in the machine, so the experience forced me to take a break from emails and social media. That alone makes the Wellness Pod a hero.

I did sleep slightly better that night, and in the week since. But the real change I noticed was the Pod (I think) drastically diminished the intensity of



GOOD VIBRATIONS: Top, Simply Bronze owner Danica Work shows off the Wellness Pod, an infrared and red light cocoon that lists benefits from cellulite reduction to mood improvement. Above, *qathet Living* editor Pietta Woolley, chillaxing in the pod.

my anxiety attacks.

Danica says that the clients who report the most change from the Wellness Pod are those who use it regularly. That makes sense. I have since recommended it to friends as a one-off experience. I liked it very much, just as a moment of real alone time, and a memorable, blissful sensory experience that I could easily wedge into my day.

2. Nutrition Counseling

Kelly's Health Shop • Free customer interaction in-store, or book a paid session with a nutritionist.

The Experience

Kelly's has moved across the street from its old digs on Marine. The new space is gorgeous—all wood shelves, natural light and a much larger range of

products, from protein shakes to toxin-free hair dye, and much more. You can help yourself to crystal-infused water.

I met with Amy Price, a Certified Nutritionist, to talk about stress and supplements. This was not a paid session, although she offers those. This was just a drop-in, in-store chat, available to anyone, for free.

I told Amy about just living with the reality of stress, and my symptoms. She let me know that it is really common (always a helpful affirmation), and that tending to my body through proper nutrition will give me a foundation for managing the sleeplessness and other symptoms of stress, that are adding to my stress.

I left with a bag of vanilla protein shake for hydration, protein, and micronutrients; a bottle of L-Theanine capsules for relaxation; and a bag of



FEEDING TIME: Nutritionist Amy Price (above left) with a wall of supplements at Kelly's Health Shop. Right, editor Pieta Woolley's anti-stress haul from Kelly's includes long-term nutritional support and L-Theanine to simmer down stat.

5-Mushroom Cacao with chaga, cordyceps, lion's mane, reishi, and turkey tail, for immunity and other benefits — plus a bar of clay soap and a couple of packets of probiotic-packed water enhancers. The total was about \$80.

The Verdict:

I really enjoyed talking to Amy. She is kind and knowledgeable, and reminded me that paying attention to sleep and nutrition and movement are the keys to managing stress — do not depend only on packaged solutions.

I added the L-Theanine to my ever-growing stash of daily supplements, which already includes magnesium and a capsule called Meno-Prev Mood & Memory, also from Kelly's, which takes the edge off the kookier parts of being 50.

Indeed, the protein shake encouraged me to drink a full litre of liquid in the mornings — which immediately improved my brain function. I loathe drinking water, so I never get enough.

The mushroom cacao — like a hot chocolate — wasn't as unpleasant a flavour as I was expecting. I am very sensitive to wild mushrooms though, and I felt a little too good after drinking it. I'm not sure if this was real or just my brain playing tricks on me. Operating heavy machinery? I won't plan on it,

after I drink this brew.

It's hard to know exactly which of these products offered me which benefit. My focus did improve, though, in the week after visiting. The L-Theanine, especially, chilled me out quite quickly, like, within an hour of taking it. It just seems to level out the panic feelings.

Amy's words continue to resonate with me: sleep, nutrition, movement.

Gym Pass

Anytime Fitness • \$34.95 biweekly for an annual pass. \$375 for five sessions of personal training (varies from \$75-90 per session)

The Experience

I am not new to gyms, although anyone who looks at my post-COVID-era body might want to debate that. Back in my deep past, the gym is where I carved out space for me; I'm not a team sports person, so it was a get-'er-done fitness solution that has worked. Like drinking water, seeking out exercise is not something I naturally gravitate towards.

I've had a very hard time sticking to a gym schedule since having kids — so nearly 19 years. Joining again isn't something I was planning to do in the short term. But in mid-September, I womanned the *qL* booth at the Community Connections Expo at Dwight

Hall, and spent four hours adjacent to the lovely Terri Cramb, manager of Anytime Fitness, womanning her own booth next to mine.

I went in and saw her at the Town Centre facility, and dropped about \$900 for a year of gym (in installments) plus some personal training, to make sure I stick to it and don't get lazy.

The Verdict:

I have yet to make it in to the gym. That is a job for after this deadline. But it is 100% the most reliable stress management technique I've encountered over the many eras of my life.

As God as my witness, I will be fit again.

Overall verdict:

Stress sucks. Feeling that life is out of control bites. But this region offers so much kind help in managing the symptoms.

Some of it is free: forest bathing, swimming, prayer or meditation, and so much more. Some of it costs money — a worth-it investment, I believe.

What I've learned is that the important part of managing stress is just taking it seriously, and taking the time to seek out help. **Z**



Tricia McTaggart

Registered
Clinical
Counsellor



Compassionate & supportive sessions for youth & adults struggling with mental health challenges.

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McTaggart Wellness & Counselling Services

mctaggartwellness@gmail.com
604-353-9221
4536 Willingdon Avenue

With a 2025 emphasis on the mental health benefits of creativity, BC's Art and Culture Days wraps up October 12. But here in qathet, the season is just getting started. Memento Mori, the qathet Art Centre's annual contemplative celebration of dying, death, and art, kicks off October 28 and runs through November 20.

Events include an advance care workshop with the Four Tides Hospice Society, Latin dance, a make-your-own playlists workshop, and many more opportunities to explore your own mortality — and your life. See the October qL for more.

Above, artwork by Ben & Jessica Fairless: altered digital photograph of acrylic paint on bones. 2

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Addictions

A.A. Meetings

604-483-8349

12-step program to help alcoholics.

Al-Anon

604-483-9031

Help and support for families and friends of alcoholics.

Contingency Management Program

604-208-9859

contact@liftcommunityservices.org

12-week program for people who want to make changes to their stimulant use, providing one-to-one and group support and peer support.

Georgia Strait Women's Clinic

866-487-9040 • 8104 Highway 101

georgiastraitwomensclinic.ca

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

ioat@liftcommunityservices.org

Low-barrier substance use treatment clinic providing opioid agonist therapy, a prescription-based treatment option for people who use opioids. Physician referral required.

Miklat Recovery Society

604-483-6462 • miklatrecovery.ca

support@miklatrecovery.ca

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

ops@liftcommunityservices.org

Clean, safe, judgment-free environment for people to consume illicit substances (smoking or injecting). First aid and overdose response, harm reduction supplies, naloxone, drug testing, and peer support. Open Monday to Friday, 10 am – 6 pm and Saturday 10 am – 4 pm.

Sunshine Coast Health Centre

1-866-487-9010 • 2174 Fleury

schc.ca

We provide assessment and individualized treatment for depression, anxiety, trauma, alcohol and substance use, and more that people are living with. Flexible outpatient treatment options available for local residents of qathet. With us, you are a person, not your problem.

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 ext 101

Gerry Gray Place 7055 Alberni

betterathome@inclusionpr.ca

Remain in your home – we can assist with non-medical, in-home support services such as light housekeeping, transportation & grocery shopping to help you maintain your independence & stay connected.

Care & Compassion

Private Homecare

1-250-702-7606

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

ElderDog Canada

— qathet Powell River Pawd

604-414-7628 or 1-855-336-4226

We assist and support older adults in the care and wellbeing of their canine companions. Volunteers welcome.

Home & Community Care

604-485-3310 • 3rd Floor, 5000 Joyce

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

Age in Place (cont)

Home Healthcare Network

604-740-1993

homehealthcarenetwork.ca

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604-485-0499 • 4943 Kiwanis

lifeline@kiwanishousing.com

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604-485-2220 • #200-6975 Alberni

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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

Subsidized independent living rental community for seniors.

Willingdon Creek Village

604-485-9868 • 4980 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

BOND Program

604-485-2604

bondprogram@liftcommunityservices.org

Perinatal education program that supports pregnancy people and new parents with babies up to six months old. Supports include food and vitamins; information on pregnancy, delivery, newborn care and nutrition; one-on-one and group support; community referrals.

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Family Place

604-485-2706 • #2-7100 Alberni Street

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

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@qathetliving.ca

Dr. Felix Nwaeze

604-485-7779 • 6935 Harvie

Obstetrics and gynecology.

Healthy Care

Pregnancy Program

604-208-9140

hcpp@liftcommunityservices.org

Support and advocacy for people who are pregnant or up to seven months post-partum and who use or have used substances. We refer & connect you to medical care and other supports; help you to navigate the health care system; accompany you to appointments; ensure your basic needs are met, and more.

Infant Development Program

604-483-4042 ext. 221

Free, home-visiting program to support families with children aged birth to three years. Helps you promote your child's learning and development – especially if your child is experiencing or is at risk for developmental delay.

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 • 5814 Ash

Early learning, on the road, 0–8 years. Youth & Family Powell River.

Pregnant in qathet

pregnantinqathet.ca

Info regarding planned and unplanned pregnancies, delivery, and post-partum care.

qathet Birth Collective

604-414-7667 • 6272 Poplar

Birth doulas, birth photographers, breastfeeding support & counselling.

qathet Midwifery Care

604-493-2024 • 4539 Marine

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Trista Tom Leblanc

604-414-7303

Postpartum doula.

Children & Youth

Child & Youth Mental Health

604-485-0603 • 6944 Alberni

Mental health service to support children & their families. Walk-in intake, Tuesday 9 am-4 pm

Cranberry Child Development Centre

604-483-4042 • 6831 Artaban

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

Family Place

604-485-2706 • 7100 Alberni (the mall)

Drop-in resource centre for parents & young families. Low or no-cost programming.

Healthy Families Program

604-485-2132 • 4750 Joyce

United Way providing opportunities for families to engage in healthy activities together.

Inclusion Child & Family Services

604-483-4042 ext. 221

Programs including infant development program, Supported Child Development program (SCDP), youth outreach, Child and Youth with Support Needs (CYSN), Complex Developmental Behavioural Condition (CDBC) program, Early Intervention Enhancement (EIE), physiotherapy, and occupational therapy.

Indigenous Supported Child Development Program

604-413-7153 • 4931 Salish Drive

This ISCD Program's purpose is to enable Indigenous children in the qathet region who require extra supports to be included in childcare settings, preschool, and before/after school settings. We help families with children from 0 to 12 access assessments & clinical supports to participate in settings along with their peers.

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 • 5814 Ash

Early learning, on the road, 0-8 years. Youth & Family Powell River.

Strong Start 0-5 Years Program

604-485-6271 ext 2244 • 4351 Ontario

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 with drop-in for moms and babies/tots, culture and language programming, as well as a range of services for families to promote healthy early childhood development.

Tla'amin Nation's či čuy 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 for Indigenous children, as well as Chi Chuy Preschool for 4-year-olds, 8:30-1 pm daily with a strong ʔayʔajuθəm language immersion component.

Tla'amin Nation's Student Success and Wellness Caseworker

604-413-7055 • 4931 Salish Drive

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 • 5814 Ash

Free services for families, children, and teens through counselling and programs.

Chiropractic

Marine Chiropractic & Wellness

604-485-9896 • #104-4675 Marine

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604-414-7815 • #200-4400 Marine

suncoastintegratedhealth.com

A one-stop shop for your alternative and complementary healthcare services including chiropractic with Dr Brittney Chisholm, Dr. Mélanie LeBlanc, and Dr Iain Gleasure. Manual and low force chiropractic care, sports rehabilitation, Shockwave and laser. Also offering rehabilitation, personal training, acupuncture, concussion and chronic pain services. Disability parking & ramp accessibility.



Men Choose Respect

Open to all men looking to improve their relationships. Groups starting October 2025 and February 2026.

menchooserespectprogram@gmail.com

604-223-5876

24/7 help for everyone

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www.qathetsafe.ca



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• Yoga Therapy • Personal Training
• Group Classes

200-4440 Marine Avenue
Above Suncoast Sign & Design

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

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 • 6845 Courtenay
Two-step process gives you the All Clear in just one visit. No demolition. Dry fogs.

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

WinMar

604-485-7335 • #103-7105 Duncan
Virus disinfection. Water damage. Fire and smoke. Mould inspection and removal.

Counselling

Amy Hurst, RSW

604-413-7095 • #5-4313 Alberta
Youth counsellor at VK Wellness. Works with neurodiverse clients and supports those navigating personality disorders, substance use, anxiety, depression.

Anna Bock Counselling (MSW, RSW, RCC)

Timber Massage & Wellness
6935 Harvie Ave Unit B
annabockcounselling@gmail.com
annabockcounselling.ca
Registered Clinical Counsellor/Registered Social Worker working with individual adults 18+ in-person and online. Areas of focus: anxiety, chronic pain, depression, life transitions, boundary-setting, relationship issues, trauma, grief. Anna supports clients in building a toolkit of knowledge, skills, and strategies for navigating the ups and downs of life.

Powell River Assessment & Resource Service

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 Laura Chan. 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.

Child and Youth Mental Health

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.

Ernalee Shannon, ADHD Holistic Coaching & Nutrition

604-413-7097 • #16-7624 Duncan
Specializes in working with children and adults facing ADHD and behaviour issues.

Frani Van Rooyen, RSW

604-413-7095 • #5-4313 Alberta
CBT, DBT, EFT, and trauma-informed counselling for anxiety, grief, addiction, and borderline personality disorder at VK Wellness. Marriage and couples therapy.

Henrik Elzinga, RSW

604-413-7097 • #5-4313 Alberta
Specializing in PTSD, chronic health issues, anxiety, addictions therapy, at VK Wellness.

Ikigai Counselling

778-847-6579
Emmett Martyniuk, RPC, provides justice-oriented holistic counselling.

Jocelyn Wood, MA, RCC

604-818-9865 • 4536 Willingdon
jocelynwoodrcc@gmail.com
Registered clinical counsellor with over 20 years of experience. If you are an adult struggling with anxiety, depression, addiction, trauma, or a life transition, I would be honoured to help you find your way to more peace and freedom. Free consultations. Accepts CVAP and FNHA.

John Michael Parra, MA, RCC

604-670-8354 • 4699 Marine
Clinical counsellor and somatic therapist for ADHD, trauma, for teens and adults.

John Reilly, RSW, MSW

236-327-8060 • C-6239 Walnut
Skilled in the impacts of trauma, mental health challenges & problematic substance use as well as anxiety, depression, grief & relationship challenges.

Jon Schwabach, Ph.D., RCC

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

Julie Bohdanova, RCC

604-413-7095 • #5-4313 Alberta
Psychotherapist at VK Wellness offering a psychodynamic approach, trauma-focused care, and CBT for children. Julie provides play therapy and faith-based counselling, supporting neurodiverse clients with parenting, substance use, trauma, PTSD, depression, and personality disorders.

Katcher Guidance

604-483-1136
Hypnotherapy and mindset coaching with Cheryl Milne.

Kara Fogwell, RCC, RSW

604-413-7097 • #5-4313 Alberta
Clinical supervision, faith-based counselling, and play therapy for children. MBCT, EFT. Direct billing to most insurance plans.

Karen McGratten, RCC

519-341-6079
Special focus on eating disorders, trauma, OCD.

Lisa Shatzky Psychotherapist, RCC

778 837-7040 • lisa.shatzky@gmail.com
Lisa Shatzky, BA, BSW, MSW, RCC, ACS
Thirty years working with adults, couples, children, and adolescents. Specializing in trauma, loss, life transitions, anxiety, crises of meaning, and personal growth. Offering Zoom, phone, and in-person sessions, as well as "walk and talk" counselling for children. Sliding fee scale. Flexible hours.

Mara Jones Clinical Herbal Therapist & Sleep Coach

604-413-7097 • #5-4313 Alberta
Custom herbal remedies & holistic nutrition, sleep coaching and aromatherapy.

McIsaac Counselling

604-414-7965 • 3250 Byron

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

McTaggart Wellness & Counselling Services

Tricia McTaggart, RCC

604-353-9221 • 4536 Willingdon
mctaggartwellness@gmail.com

Tricia provides compassionate and supportive sessions for youth and adults to navigate mental health challenges including depression, relationship struggles, trauma, burnout, anxiety and Post Traumatic Stress Disorder (PTSD). Also supports individuals struggling with recovery from addictions.

Melissa Dow, Registered Therapeutic Counsellor

236-327-8060 | C-6239 Walnut

Body-based, trauma-informed approach offering experiential practices that gently reshape nervous system patterns. Melissa offers compassionate, client-centered care.

Dr. Michelle Patterson, RPsych

604-374-4961 • 3961 Cedar Crest

Registered psychologist with 20 years experience.

PEACE for Children and Youth

604-485-6968

Prevention Education, Advocacy, Counselling & Empowerment program for youth experiencing violence. Free, confidential, ages 3-18.

Police Victim Services

604-485-3415

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

qathet Counselling

604-223-4039 • 4585 Marine

Davis Briscoe, RTC. Somatic psychotherapy, grief & trauma counselling.

Rise Hypnotherapy

604-414-3835 • 4536 Willingdon

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

Rob Hughes, ACC

New Awareness Consulting

604-483-1143

newawarenessconsulting@gmail.com

As a Men's Work Facilitator and Relationship Coach, I create confidential, courageous spaces for men to find their power through connecting to their authentic selves, allowing them to grow, improve, and excel.

Rob Wynen, RTC

604-788-2758 • 5820 Aspen

Specializing in relationships, life transitions, chronic pain, and men's mental health.

Rising Tide

Counselling & Wellness

604-414-4219

Are you looking for greater life satisfaction? Online counselling available.

Sage by Sea Wellness Practice

604-223-1957 • 4685B Marine

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

Dr. Selena Bloom, MD SEP

604-223-8878 4536 Willingdon

Somatic Experiencing Therapy and Touch Regulation Therapy for all ages.

Sexual Assault Support

604-414-8125

Systems navigation and advocacy for survivors of sexual assault. Any age and gender identity.

Did we miss you?

If we have missed a health provider or service, please let us know at 604-485-0003 or sean@qathetliving.ca

Reduce the **worry** of living alone

Starting at \$40 a month

A little over \$1/day... That's all it costs for peace of mind.



Lifeline 24 / 7

In the event of a fall or emergency, help is available at the push of a button.

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Contact us today!

Powell River Kiwanis Lifeline
lifeline@kiwanishousing.com

4943 Kiwanis Ave • V8A 5H5 • 604 485-0499



Ayla Scholz, RMT

Registered Massage Therapy



Dr. Lani Nykilchuk, ND

Women's Health, Pediatric Care



Amber Wood, RAC

Acupuncture, Pain, Facial Acupuncture



Dr. Jen Cham, ND

IV therapy, Lyme, Integrative Cancer Care



BROADLEAF
HEALTH COLLECTIVE

Direct billing available to most extended health plans.

604-223-9323

#105-7373
Duncan Street

broadleafhealthcollective.com

Counselling (cont)

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.

Dr. Susan Lacombe, Psychologist

604-789-7227

Virtual psychotherapy for anxiety, trauma, depression, stress and relationship difficulties.

Tatiana Tsarouk, PhD Counselling & Hypnotherapy

604-483-1835 • 5-3818 Joyce
drtsaroukmentalhelp.com

Counselling, psychotherapy, hypnotherapy for individuals and couples, for stress relief, depression, anxiety, fears, family problems, relationship 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.

Townsite Counselling

604-788-2758 • 5820 Aspen

Rob Wynen, RPC, specializes in relationship counselling, life transitions, those struggling with anxiety, and men's mental health.

Vanessa Coray Mental Health First Aid Facilitator

604-413-7097 • #5-4313 Alberta

Co-owner of VK Wellness. Vanessa provides consultation for businesses and organizations to strengthen workplace culture and improve organizational health.

Wildwoods Counselling

604-223-3376 • 6363 King

chadyurich@gmail.com
wildwoodscounselling.ca

Wildwoods Counselling brings a psycho-biological approach to counselling. Somatic Therapy emphasizes the significance of the body, mind and our nervous system as repositories of our life experiences, past and present. I'm passionate about supporting people with addiction (I worked 4 years at an addiction centre), trauma and PTSD, anxiety, depression, and growth.

Wood Dragon Counselling

604-344-0077 • 4536 Willingdon

Founder Maureen Edwards works with Dr. Tatiana Tsarouk, Steven Edwards, and Chris Weekes to help with all areas of mental health and trauma.

Dental

Smili Dental Clinic

604-485-2851 • 4662 Marine

Family and general dentistry services. In the Town Centre.

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.

Integrated Dental

604-344-0148 • #103-7075 Alberni

Independent dental hygiene clinic. Biofilm therapy, fluoride, and oral health education.

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 dentist at least every year or two!

Emergency Shelter

Grace House

Help Line: 604-485-9773

Info: 604-485-4554

Transition House for self-identifying women, their children & pets, who are experiencing violence.

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

Discovering Grace End-of-Life Care

604-208-4413

discoveringgrace.ca

Cherissa MacNeil End-of-Life Doula, offering holistic support to adults though all life stages. My services include: advance care planning, bereavement support, and companioning those with critical illness or those on their end-of-life journey.

Dr. Jaspreet Soor

647-274-1781

Life & Death Doula and Transitions Consultant.

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

604-578-8125

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

Four Tides Hospice Society

604-223-7309 • 4675C Ontario

fourtideshospice.org

Four Tides Hospice Society provides compassionate support to individuals at the end of their life, to their family & friends, & to those who are grieving. We provide Volunteer Visitors, grief & caregiver support groups, music therapy, Advance Care Planning workshops, a grief walking group, & education on end-of-life issues.

Stubberfield Funeral Home

604-485-4112 • 7221 Duncan

info@stubberfieldfh.com

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 • iris701@iris.ca

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

Optomeyes Eye Care

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

Helen Whitaker

250-792-5199 • #206-5831 Ash

securevisionmobileoptical.com

helen@securevisionoptical.com

High-quality prescription eyewear at a price you can afford. Beautiful, handcrafted frames and digital technology lenses. Fitted by a Licensed Optician. Private appointments available at Unit 206 Townsite Market every Wednesday and Friday. 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

Mobile service, not taking new clients.

Thrive Foot Care

604-483-8373

Eveline van Haastert, RN, Certified Foot Care Nurse providing in-home podiatric nursing foot care in the local area and on Texada.

Your Sole Connection

604-344-0608

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

First Aid

Community First Aid Team

communityfirstaidteam.org

admin@communityfirstaidteam.org

A non-profit society that provides first aid services at events in the qathet area, staffed by first aid-certified volunteers.

Powell River First Aid Training

604-628-1730, option 5

Town Centre Mall, Unit 55 - 7100 Alberni

Offering Red Cross first aid training from babysitting to occupational first aid.

Vital Training

604-483-6715 • 9398C Hwy 101

Offering WorkSafe's occupational first aid from basic to advanced and transport.

Food & Nutrition

Community Resource Centre

604-485-0992 • #101 - 4871 Joyce

liftcommunityservices.org/program/crc

crc@liftcommunityservices.org

Monday - Thursday, noon - 3 pm. Free lunch, coffee and snacks, laundry facilities, computer and phone access, document support, legal aid, community referrals, and a welcome place for community members to socialize and connect with basic services in qathet.

Convenient Chef

604-483-9944 • 5830 Ash

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

ELDR Supplements

236-328-4002 • 4493C Marine

eldrsupplements.ca

High quality wellness products, sports supplements & smoothies, from vitamins to mushrooms to protein powders to smart snacks, and much more. Owner Kelsea Farr is a registered nutritionist and sports nutrition coach.

Food Bank

604-485-9166 • 6816B Alberni

Open Tuesday, Wednesday, Thursday of every week (10 am to 2 pm)

Kelly's Health Shop

604-485-5550 • Unit 100 - 4717 Marine

kellystore@telus.net

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.



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.
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Hospital Foundation.*

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

Food (cont)

Lisa Marie Bhattacharya, RHN

604-714-4065

Registered holistic nutritionist specializing in digestive health and disease prevention.

Resilient Health

604-414-0765 • 5742 Hatfield

Resilient health practitioner trained in occupational therapy and holistic nutrition.

Russell's Health & Performance

250-818-2932

Health and performance supplements, from local expert Owen Russell.

Salvation Army

604-485-6067 • 4500 Joyce

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

Senior Citizens' Assoc Br #49

604-414-9456 • 6792 Cranberry

Activities, lunches, dinners, entertainment.

Suzanne Berry

Functional Nutrition

604-414-7815 • 200-4400 Marine

suzanneberry.ca

A Registered Holistic Nutrition Practitioner (GAIN-RHNP™), Suzanne is on a mission to help you strengthen your Foundations of Health: nutrient-dense diet, sleep & circadian health, stress management, digestion & blood sugar regulation, with a focus on improving joint health. Rather than chasing symptoms like stiffness, aches, and pains, we look deeper to reshape your lifestyle (nutrition and beyond), so that your Foundations of Health are supported.

The THRIVE Hub

604-414-8399

Membership group to help you learn, stay motivated for healthy, plant-based living.

United Church

604-485-5724 • 6932 Crofton

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

Health & Abilities Supports

BladeRunners Youth Employment Program

604-485-7958

employmentservices@liftcommunityservice.org

Skills training & employment supports for at-risk youth ages 15-30. Includes certifications & training, work placement, and job seeking support.

Community Adult Literacy & Learning

604-485-4796 ext 8 • #100-6975 Alberni

Provides tutor training, matching adult tutors with adult learners.

Kompassion for Kups

236-845-2024 • 2255 Highway 101

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

Literacy Outreach

604-485-4796 ext. 8

literacy@liftcommunityservices.org

Reading, writing, & numeracy skills as well as digital literacy support. We offer one-on-one tutoring and group workshops. Everyone is welcome.

Reach to Recovery

604-485-6114 • 604-483-9120

Hospital and home visits to recently diagnosed breast cancer patients.

Handydart

604-483-2008 • 6910 Duncan

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

Wheels for Wellness Society

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, & training supports.

Health info

BC211.ca

2-1-1 (call or text)

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

Pathways qathet/Powell River

qathet.pathwaysbc.ca

An online community service directory.

qathet Primary Care Network

qathetpcn.ca

A network of family practice clinics and health centres designed to help you find a doctor and other health services.

Hearing

Bel Tone

778-410-2167 • #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 • #101 – 4871 Joyce

crc@liftcommunityservices.org

Monday – Friday, 10 am – 3 pm. Free lunch, coffee and snacks, laundry facilities, computer and phone access, document support, legal aid services, community referrals, and a welcome place for community members to socialize and connect with basic services in qathet.

Hygiene Cupboard

604-485-0992 • #101 – 4871 Joyce

Do you need hygiene items? Stop by the CRC. The Hygiene Vending Machine is free for everyone.

Life Cycle Housing Society

604-485-6006 • #32-4949 Ontario

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

Poverty Law Advocacy

604-485-0950

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

Ministry of Social Development and Poverty Reduction

604-485-3622 • 6944 Alberni

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

Supportive Housing

4910 Joyce • 604-223-4430

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

See also Food & Nutrition

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@qathetliving.ca

Marijuana

BC Cannabis Store

604-483-7200 • #115-7035 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 • 4670B Marine
Recreational marijuana. Edibles, accessories and more.

Sun Coast Cannabis Shoppe

604-489-0070 • #102-7010 Duncan
Solids, extracts, prerolls, topicals, and more.

Massage & Laser

Alex Marchuk

604-414-7815 • #200-4400 Marine
Massage, cupping, and myofascial release at Suncoast Integrated Health.

Ali Richmond, RMT

236-327-8060 • C-6239 Walnut St.
Targeted, injury-specific & scar tissue treatments and ongoing self-care. Tailoring the massage to your needs, with a goal in mind.

Alisha Calvert, RMT

604-414-7815 • #200-4400 Marine
Registered massage therapy at Suncoast Integrated Health.

Ayla Scholz, RMT

604-223-9323 • 105-7373 Duncan
Fascial work and osteopathic techniques with regular Swedish massage.

Big River Wellness

604-223-8444 • #108-4675 Marine
RMTs Marina Lagacé and John Kastelic are passionate about wellness and devoted to community. Online booking and direct billing for most insurance.

Blue Lotus Wholistic Healing

604-414-5991 • 4685-B Marine
evestegenga@riseup.net
Eve Stegenga (she/her) offers massage and Reiki with over 15 years of experience. From a trauma-informed place she holds the intention of releasing stress and bringing balance to the body, mind and spirit. She works intuitively using modalities such as Swedish and deep tissue, reflexology, joint release, shiatsu and energy work.

Bodies in Balance

604-223-7918 • 4561B Marine
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
A focus on facial massage & women's health including pre- and postpartum care.



**Kostali
Wellness**
Registered Massage Therapy

Registered Massage Therapy



Book now at
kostaliwellness.ca
kostaliwellness@gmail.com
4518 Joyce Avenue

Convenient direct billing to Pacific Blue Cross

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.



4794 B Joyce Avenue
604-485-0036



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HEARING
*Hear to make
a difference in your life.*
Locally owned & operated by
Shannon Formby, RHIP
Registered Hearing Instrument Practitioner
with the College of Speech and Hearing
Health Professionals of British Columbia.

Massage (cont)

Ch'iyone Studio RMT

778-743-0564 • Laneway 5480 Marine
kimberlydfranke@gmail.com
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.

Chelsea Keays, RMT

604-413-7095 • #5-4313 Alberta

Trauma-informed massage for chronic pain, circulation, or relaxation. At VK Wellness.

Dawne Briggs, RMT

604-485-0056 • 6951 Egmont

Not taking new clients at this time.

Deirdre Hasler, RMT

604-413-7097 • #5-4313 Alberta

Swedish massage to assist in relaxation of nervous system, light stretching or strengthening exercises.

Diana Starr

4660 Marine

Craniosacral therapy, trauma resolution, and soul integration at The Healing Path.

Elemental Healing

604-208-8155

Marie-Eve Barnes' mobile massage and reiki. Shiatsu, craniosacral, deep tissue, and more.

Heartwood Massage

Sophie Gilmore

250-218-5112 • Westview

heartwoodmassage.ca

sophie@heartwoodmassage.ca

Offering a variety of massage services that blend therapeutic and relaxation techniques to leave you feeling pampered and restored. See website for details and online bookings.

Heather Anderson, RMT

604-483-4380 • 6552 Chilco

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

Nicole Henri

604-414-7815 • #200-4400 Marine

Thai Massage practitioner & yoga instructor.

Heron Reiki & Wellness

604-208-2244

Offering 15, 30 & 60-minute Reiki energy sessions for 1-2 people.

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

604-483-6958 • 4518 Joyce

kostaliwellness.ca

kostaliwellness@gmail.com

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

Leaside Massage

604-313-7068 • 12655 Leaside

RMT Stef Launay offers massage from her home studio in Stillwater.

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.

Margot Pronovost

519-301-7006 • 7030 Glacier

Lymphatic massage and reflexology. At Scissors Thursdays only. Book ahead.

Mayet Therapeutics

604-414-3978 • 9651 Evergreen

RMT Claire MacPherson provides massage and craniosacral therapy south of town, but she is dealing with cancer treatment and likely won't be back in action until late spring. Follow her journey on Instagram @cancercankissmysparklyqi

Mindful Moves Body Care

604-483-6759

robin.inison@gmail.com

Massage for whole body wellness. Relieve aches & pains, release tension & relax to revitalize your energy, sleep better & increase your range of motion. Rejuvenate with Robin. Contact Robin for further details.

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.

qathet Registered

Massage Therapy

604-344-0427 • #6-4313 Alberta

Our goal is optimal health for our patients. Manual therapy, joint mobilization, hydrotherapy, rehabilitative exercise & patient education.

Sage by Sea Wellness Practice

604-223-1957 • 4685-B Marine

Thai yoga massage, Reiki, Hakomi counselling.

Samira's Healing Arts

778-793-5232

Indulge yourself with Lomi Massage, Energy healing, and Ionic Foot Detox Bath.

Suncoast Integrated Health

604-414-7815 • #200-4400 Marine

suncoastintegratedhealth.com

A one-stop shop for your alternative and complementary healthcare services including massage with RMTs Michelle Jones, Chaya Stones, and Alisha Hoover. Disability parking & ramp accessibility.

Timber Massage & Wellness

604-344-0605 • 6935 Harvie

Professional registered massage therapy, reiki, and reflexology.

Medical Clinics

Broadleaf Health Collective

604-223-9323 • #105-7373 Duncan

broadleafhealthcollective.com

info@broadleafhealthcollective.com

Integrative care including Naturopathic Medicine, IV Therapy, Registered Acupuncture, Registered Massage Therapy, 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.

Did we miss you?

If we have missed a health provider or service, please let us know at 604-485-0003 or sean@qathetliving.ca

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

604-485-2430 • 4539 Marine
Family physicians and nurse practitioners, and Primary Care Network clinicians.

The Medical Clinic Associates

604-485-6261 • 4794 Joyce
General practitioner medical clinic.

Powell River Community Health Centre

604-485-3310 • 5000 Joyce
Upstairs at the hospital. 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. Mon-Fri, 9-4:30. Same building as Powell River Pharmacy.

Dr. Pieter Rossouw Dr. Willem DeFlamingh

604-485-4877 • 6962 Alberni
Family doctors.

qathet General Surgery

604-485-0152 • 6935 Harvie
Clinic for Powell River's surgeons including Dr. Makarewicz, Dr. Garber, Dr. Shaw.

Suncoast Integrated Health

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

Texada Island Health Centre

604-486-7525 • 2603 Sanderson
Home to Texada's physician and nurse.

Tla'amin Health

604-483-3009 • 4895 Salish Drive
tlaaminhealth.com • health@tn-bc.ca
Serving Tla'amin members & Indigenous people in qathet. Delivers primary care including nurse practitioners; chronic disease, public health, home & community care nursing; mental health and wellness; harm reduction; and clinical social work supports. Population-specific programming is offered for Elders, children, youth, & families. Dental & footcare services.

Townsite Allied Health

236-327-8060 | C-6239 Walnut
townsitealliedhealth.ca
A beautiful multi-disciplinary clinic in the heart of Townsite where compassionate, experienced, and professional healthcare providers offer massage therapy, registered social work, counselling, naturopathic medicine, acupuncture, craniosacral therapy & somatic therapy. Ali Richmond, Dr. Robyn Land, Melissa Dow, and John Reilly care about their work and their patients. We aim to provide a peaceful, inclusive space and supportive services for everyone.

Dr. Nicholas White

604-485-9200 • 4539 Marine
Marine Medical Building.

Movement/Fitness

101 Strength

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

Anytime Fitness

236-328-0110 • 7035 Barnet
Gym with 24/7 access, large selection of equipment, and expert personal training.

ATP Therapy

604-223-0980 • 3978 Westview Ave
Athletic therapy clinic, injury assessment & rehabilitation, and personal training.

Better Bodies Gym

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

Centre Balance

info@centrebalance.ca • 4400 Marine
centrebalance.ca
Regina Pfeifer, Certified (IAYT) and experienced yoga therapist. Yoga Therapy to support healthy aging, back care, chronic health concerns, pelvic health, neurological disorders like MS and PD, pain and stress management as well as insomnia. Also helps in preparing and recovering from illness or surgery. Small group or private sessions are customized.

Cranberry Fitness Co.

250-588-1031 *by appointment
Enjoy personal training with Kathleen. Private unsupervised gym use also available!

Electra Atkinson

604-578-0732
Personal trainer at Anytime Fitness and fitness influencer.

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 • 6828 Cranberry (winter)
Qi = life force energy. Discover the mind-body-spirit connection.

Gina Grain, MSc.

604-414-7815 • 200-4400 Marine
Kinesiology/Corrective Exercise Specialist. Strength and Conditioning Coach

K.I. Health & Fitness

778-230-6849
Team of vegan coaches, led by Karina Inkster (host of the No-B.S. Vegan podcast, author of 5 books). Customized workouts and nutrition planning.

Mindful Moves Body Care

604-483-6759
Yoga for You! Robin offers individual coaching, personalized routines; retreat programming, retreat presenter. An integrated approach offering Hatha, Yin, Restorative & Kriyas. Come try out Robin's Rehab Lab Class. Contact Robin for further details.

My Element Fitness

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

Ocean Pearl Pilates

oceanpearlpilates@gmail.com
Reformer Pilates to build strength & flexibility, deepen core connection, and reduce stress & tension. Linda Winterton has been in the pilates business for 27 years and offers small personalized sessions in a beautiful waterfront studio south of town. Pilates=Results. Search Facebook for Ocean Pearl Pilates.

Paloma Kwiatkowski

604-446-5147
Fitness trainer at Anytime Fitness and does private training.

Petra Thaddeus Yoga

778-996-9644
Private and group classes. Specialize in hatha and restorative yoga.

Fitness (cont)

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.

Prana Flow Yoga

604-223-9344

With Nicole. Thursdays at Cranberry Hall 5:30-6:30. Drop-ins welcome.

Recreation Complex

604-485-2891 • 5001 Joyce

powellriverprc.ca

parksrec@powellriver.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.

Sol Motion Collective

4482 Marine

SMC offers variety which will empower and strengthen your fitness/wellness journey.

Sunshine Somatics

604-388-7116

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

Texada Slow Growth Fitness

604-223-8274 • 4313 Gillies Bay Rd

Texada Island gym. Treadmills, weights, and more.

T-Fit Yoga & Fitness

604-483-6225 • terrircramb.ca

Terri Cramb is a health coach, personal trainer, and yoga teacher passionate about helping people feel stronger, healthier, and more at home in their bodies. Terri offers health coaching, indoor/outdoor classes, and wellness retreats—creating spaces where people can move, connect, and feel their best.

Therapeutic Riding Association

604-485-0177 • 4356 Myrtle

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

Naturopathic Doctors

Dr. Jen Cham, BA, BSN, ND

604-223-9323, #105-7373 Duncan

broadleafhealthcollective.com

info@broadleafhealthcollective.com

Integrative Naturopathic Medicine, IV Vitamin Therapy, Cancer Care, Chronic Disease, Lyme, Family Medicine.

Dr. Lani Nykilchuk, ND

604-223-9323 • 105-7373 Duncan

broadleafhealthcollective.com

info@broadleafhealthcollective.com

Offering naturopathic medicine for all ages and stages of life. Dr. Lani has a special interest in pediatric care, women's health, menopause transition, and bioidentical HRT.

Dr. Robyn Land, ND

236-327-8060 | C-6239 Walnut St.

Helping individuals & families thrive by supporting fertility, pregnancy, children's health & overall wellness with natural, personalized care..

Dr. Shawn Peters, ND

604-489-5919 ext. 223 • #111-4871 Joyce

drshawnpeters.com

Dr. Shawn has a special interest in helping those with stress, low energy & mood concerns. He focuses on improving heart health, blood sugar support, skin conditions & digestion. Helping people of all ages with acupuncture, injections, IVs while grounded in nutrition & herbal medicine. Plans include bloodwork, physical exams, and individualized treatments.

Pharmacies

Freshco Pharmacy

604-485-4244 • 7040 Barnet

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 • 15-7100 Alberni

Prescriptions and over-the-counter medications with our team of pharmacists.

Walmart Pharmacy

604-485-0141 • 50-7100 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 • #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.

Parra Wellness

778-251-8364

Lana Joy is trained in holistic reproductive health to achieve your well-being goals.

Sexual Health

Options for Sexual Health (OPT)

604-485-3310 • 5000 Joyce

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 • 205-6975 Alberni

Supports adults with developmental disabilities, and their families, in BC.

qathet Division of Family Practice

4760 Joyce • admin@prdivision.ca

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 • 4675C Ontario

fourtideshospice.org

Cost-free end-of-life support to individuals, families and caregivers. Volunteer Visitors, grief groups, Advance Care Planning workshops, education on end-of-life issues.

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 • 5000 Joyce

PRGH.Foundation@vch.ca

prhospitalfoundation.com

Our Mission is to inspire our community to invest in our Hospital to advance patient care and improve the health and well-being of citizens. Your donations enable our hospital to purchase equipment and provide training. Together, we can build a healthier tomorrow.

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 • 106-7075 Alberni

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 • 4448 Marine

contact@liftcommunityservices.org

Non-profit community service organization providing housing, employment services, literacy support, immigrant services, family programs, community resource, harm reduction services and community health programming.

qathet SAFE

604-485-5335 • 209-6975 Alberni

qathetsafe.ca

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

Youth & Family Powell River

604-485-3090 • 7105 Nootka & 5814 Ash

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

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 - Four Tides Hospice

604-223-7309 • 4675C Ontario

Supports & services to those nearing end-of-life, their caregivers & those grieving.

Powell River

Compassionate Friends

Ariel Turcotte • 604-218-6245

powellrivertcf@gmail.com

We are bereaved parents supporting bereaved parents through friendship and understanding after the death of a child. Our mission is to provide a safe space where grieving parents feel heard. Monthly meetings are held in Powell River on the fourth Tuesday of month.

Elders Group (Tla'amin)

778-657-5525 • 4895 Salish Drive

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

Gerry Gray Place & SOAR

604-485-4008 ext 101 • 7055 Alberni

Gerry Gray Place: drop-in, resources for older adults. SPARC parking passes available.

Immigrant Services

604-414-3630 • #101-4871 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.

Men Choose Respect

604-223-5876

Group support for self-identifying men who want to contribute to safe caring relationships in their lives.

Parkinson's Support Group

604-223-4566 • 6932 Crofton

Information and resource. Second Tuesday of the month, 1:30-3 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

604-485-2004

Substance User's Society Teaching Advocacy Instead of Neglect is a peer-managed group advocating for individuals who use drugs. Tuesdays at 4 pm at the CRC.

TOPS (Take Off Pounds Sensibly)

604-414-4340 • Legion Lower Hall

A fun support group to help your weight loss journey. Lose weight, get healthy.

Trans qathet: Alliance for Gender Diversity and Support

604-414-6187 • #27-7100 Alberni

transqathet.ca • info@transqathet.ca

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

Grief Walking Group

- Four Tides Hospice Society

604-223-7309

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

Weight Loss

TOPS

(Take Off Pounds Sensibly)

Barb at 604-414-4340

or Max at 604-483-1227

Legion Lower Hall • tops.org

TOPS is a non-profit group dedicated in supporting people to become healthy. The first step in becoming healthy is with weight loss. No pressure, no diets, just supporting healthy eating. Every Thursday 4:45 to 6 pm at the Legion Lower Hall.

Wellness

Allie Bursey

4660 Marine

Registered manual osteopathic therapist at The Healing Path.

Amber Wood Health

250-896-0291

Functional medicine for gut, brain, and hormones. Book a free call online.

Bloom Therapy

604-223-8058 • 5300 Yukon

bloom-therapy.ca

Fresh flowers are mood boosting and help with productivity so pick yours up at Bloom Therapy's shop Wed-Sun to enjoy or give to someone you care about. Other beneficial products in store such as locally made candles, cards, comfort packs, chocolate, and tea. Shop anytime online for monthly subscriptions, workshops, and deliveries at bloom-therapy.ca.

Cedar Cove Coaching

604-414-4274 • 4739 Harvie Ave

Our motto: 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.

Nyla Falardeau

604-414-7815 • #200-4400 Marine

Reiki and intuitive readings.

Oceanside Entertainment

604-489-3028 • 4721 Marine

fb.com/oceansideentertainmentbc

Products to heal the mind, body and soul. Crystals, tarot, self help books, candles, bath bombs and so much more. Nourish your mind and balance the soul.

qathet art + wares

604-413-6830 • 4488 Marine Avenue

qa-w.ca

Creativity is good for your health—reducing stress, building focus, and sparking joy. At qathet art + wares, discover how art can lift your mood and calm your mind. We offer artist-grade supplies, inspiring kits, and workshops to encourage creativity, connection, and everyday wellness.

Sage By Sea Wellness Practice

604-223-1957 • 4685-B Marine

Thai Yoga massage, Reiki, Somatic-based Hakomi counselling.

Simply Bronze

604-485-4225 • 6975 Alberni

simplybronze.ca

Let your body make its own vitamin D naturally with UVB made from our sunbed at Simply Bronze. Exposure to UV elevates your mood improves common skin conditions such as psoriasis, eczema, and acne. Try new cocoon wellness pod for pain management, weight loss, detox, mental health, skin health and better sleep.

Somerset House

Day Spa & Skin Clinic

604 485 9521 • 4555 Marine

somersetmoss.com

sam@somersetmoss.com

Somerset House is a clean beauty store and day spa with a skin-first philosophy. As the flagship home of Somerset Moss, it showcases the full collection through advanced facials, body care rituals, and curated retail. The space blends results-driven treatments with botanical sensoriality.

Sounds Good

Health and Wellness

778-522-9642 • 10988 Berger

Reflexology, reiki, and a variety of modalities to help you on your wellness path.

Did we miss you?

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

Soundweave Studio

778-584-0472 • 3494 MacKenzie

soundweavestudio.com

Sarah Conley is a Biofield Tuning Practitioner who uses tuning forks to release stuck energy in the body and biofield. This method supports relief from anxiety, stress, trauma, and more. A free 30-minute consultation is offered to co-create a personalized session tailored to your specific needs.

Spirit Wind Healing

604-487-4274 • 8754 Hwy 101

Angel readings, reiki, Hawaiian Huna, psychometric aura testing.

Wild Spirit Apothecary

604-208-4969 • 6251 Yew

wildspiritapothecary.ca

wildspiritapothecary@gmail.com

Amber Friedman runs this small-batch apothecary that offers a variety of botanical body care products, plant based medicine, consultations, and herbal workshops for all ages. Products are available at: Ecossentials, Tla'amin Store, Stock Pile, on her website, and at various local markets.

Wolffy's Book Den

604-483-4940 • 6729 Cranberry

A storylover's haven with accessories for the mind and body on all spiritual paths.



inclusion
powell river



A supportive place for those 65+ to connect with others.

Gerry Gray Place

Be a volunteer!

We are growing our programs and our volunteer base! If you would like to be part of our vibrant community and commit some time every week to help support Gerry Gray Place activities and provide rides for seniors, we would love to hear from you!

Call Belinda at 604-485-4008 ext 102.

Social Prescribing Services

Community health care professionals have a new option for supporting older adults. Referrals to our Social Prescribing program focus on non-medical factors that impact our overall well-being by connecting seniors with local programs and services to foster healthy aging at home.

For more info visit inclusionpr.ca

VCH Services

The following programs are provided through Vancouver Coastal Health.

Acute Care

qathet General Hospital

604-485-3310 • 5000 Joyce Avenue

A 42-bed acute care community hospital providing services that include medicine, surgery, endoscopy, intensive care, obstetrics and gynecology, in-patient psychiatry, oncology and 24-hour emergency. Outpatient services include ambulatory care, laboratory, medical imaging, cardiology, respiratory, speech language therapy, physiotherapy, dietitian, diabetes education, oncology and dialysis.

Long Term Care

To learn more about long term care options, please call **604-485-3310** to request a case manager. The case manager will do an assessment to see what care is the best fit – at home, in a supportive living arrangement, or in a long term care home.

Long Term Care Homes

Willingdon Creek Village and Evergreen Care Home • 604-485-3310

Provides 24-hour professional care and supervision to adults in a supportive and secure environment. Services are available to people with complex care needs and physical and/or mental health conditions who cannot live safely and independently at home. Willingdon Creek Village has 102 beds and Evergreen Care Home has 75 beds. There are also two respite beds.

Adult Day Program

Willingdon Creek Village • 604-485-3310

Provides structured services and activities to adults living with physical and/or cognitive impairment and want to keep living independently as long as possible. The program provides recreation and therapeutic activities to promote physical movement, socialization and fun! Adult Day Programs also provide caregivers with a chance to take a break and recharge. Caregivers may also benefit from a variety of support services through program staff, including assistance with health system navigation, access to caregiver resources and education, and opportunities to engage with community support networks.

Overnight Respite Care

Willingdon Creek Village and Evergreen Care Home • 604-485-3310

Provides temporary relief for caregivers from the emotional and physical demands of caring for a friend or relative. The program allows the friend or relative to stay at Willingdon Creek or Evergreen while the caregiver has a short period of rest so that they can continue to provide good care upon return.

Home and Community Care

To learn more about home and community care services, call the access line at **604-485-3310**. A Home Health clinician will help determine eligibility and, if appropriate, arrange to conduct a health needs assessment.

Home Support Services

Provides care at home to help clients remain independent and enhance quality of life. VCH services supplement how clients care for themselves, in addition to supports provided by family, friends, community, or other available services. Services are provided by Community Care Assistants (CCA) who assist with activities of daily living such as bathing, dressing, and toileting, personal care, assistance with medications, moving in and out of bed, heating and serving meals.

Home Health

Home Health services are offered to clients and/or caregivers to restore or maintain independence in the home. Services are tailored to client needs and provided by an interdisciplinary team that may include case managers, nurses, occupational therapists, physiotherapists, social workers, dietitians and speech language pathologists.

Mental Health and Substance Use

Mental Health and Substance Use Central Intake

The single point of access for mental health and substance use intake services and assessment. Call **604-485-3300** or walk in at qathet General Hospital – 3rd floor Mental Health and Substance Use Reception. Monday to Friday, 8:30 a.m. to 4:30 p.m.

Adult Mental Health

Community Support Services

Serves clients over age 19 who are diagnosed with a serious and persistent major mental disorder and experiencing significant challenges that interfere with daily life. Services include case management, medication management, community outreach, vocational rehab, supported independent living, housing support, and psychiatric consultation.

Substance Use Services:

Lighthouse Virtual Substance Use

Care Clinic: Services include short-term stabilization and treatment for substance use, same-day treatment options, connections to community care for ongoing treatment and social work services, provided by an integrated team including addiction medicine physicians, nurses and social workers.

Harm Reduction Supplies and Needle

Distribution Sites: Provides harm reduction supplies, including safer injection, safer smoking, and safer sex supplies, along with harm reduction education and referrals to health services, addictions services and other social supports.

Overdose Prevention Site (operated by LIFT Community Services): Trained staff monitor people who use illicit substances while they are using to help prevent and recover from overdoses. Staff respond to overdoses in a timely fashion and offer harm reduction supplies.

Overdose Outreach Team: Facilitates connections to supportive resources for people who have recently experienced an opioid overdose or those who are at high risk for an opioid overdose.

Withdrawal Management Program:

Provides nursing care and physician support to create a safe, supportive environment for people experiencing acute withdrawal from substances. People may self-refer to this service by calling 604-485-3354.

Aftercare Services: Clinicians work with people who use substances to share info about options for recovery and support access to services and resources. The team works collaboratively with other providers to support recovery and post-treatment goals.

Treatment: VCH offers publicly-funded bed-based treatment for substance use recovery through a variety of contractors. People often attend a withdrawal management program prior to entering treatment.

Youth Mental Health

Integrated Child and Youth (ICY) Program:

Children and youth up to 19-years-old who are experiencing mild to moderate challenges with mental health and/or substance use. The multi-disciplinary team offers individual, group and family therapy at school and in the community for children and youth with behavioural issues, anxiety, depression, early onset psychoses and other mental health issues. The team can also help connect client families with family peer support and other local programs.

Youth Concurrent Disorders Clinical

Counsellor: Youth aged 12 to 24-years-old with moderate to severe challenges with both mental health and substance use. Clients are referred to concurrent disorder clinicians, who can provide comprehensive psychosocial assessments and individual, group and family counselling for youth with concurrent mental health and substance use concerns.

Youth Intensive Case Management Team

(ICMT): Youth aged 12 to 24-years-old with complex needs whose primary diagnosis or concern is substance dependency. Clients may also have concurrent disorders. The team includes a youth outreach worker, nurse and clinical counsellor.

VCH Services (cont.)

Public Health

qathet General Hospital
604-485-3310 • 5000 Joyce Avenue

Pediatric Audiology Services

Provides newborn hearing screening, diagnostic testing, and follow-up support for infants and children.

Child Health & Immunization Clinics

Offers child growth and development tracking, support from public health nurses, and immunizations. (Remember your Child Health Passport.)

Dental Public Health Program

Provides preventive care and education to keep little smiles healthy.

Prenatal, New Parent and Baby Care

Offers prenatal support, postpartum support for feeding, growth, and adjusting to parenthood.

Nursing Support Services

Provides specialized nursing care for children with complex medical needs.

Speech & Language Services (Ages 0–5)

Provides support with speech and communication development.

Youth Clinic

Offers free, confidential health services for teens and young adults, including sexual health care, STI testing/treatment and birth control options.

Sexual Health Services (all ages)

Provides confidential services for everyone, including STI testing and treatment, contraception, pregnancy testing and sexual health education.

Health Protection

qathet General Hospital
604-485-3310 • 5000 Joyce Avenue

Air Quality Care project

Works to protect public health by assessing potential health risks of poor air quality. The program provides guidance during events like wildfire smoke, promotes policies to reduce air pollution, and collaborates with partners to improve long-term air quality and reduce associated health impacts.

Tobacco Reduction Program

Provides education, policy support, and community partnerships to decrease tobacco-related harms, while also enforcing provincial and local tobacco control regulations.

Recreational Water Safety

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

Drinking Water Safety

Oversees system operations through permitting, monitoring, and inspections, while also responding to water quality concerns and emergencies. The program works closely with operators and communities to reduce risks and meet regulatory standards.

Facilities Licensing

Provides inspection of licensed adult and childcare facilities.

Food Safety Program

Ensures that all food served, sold, or distributed in the region is safe and free from contamination. 

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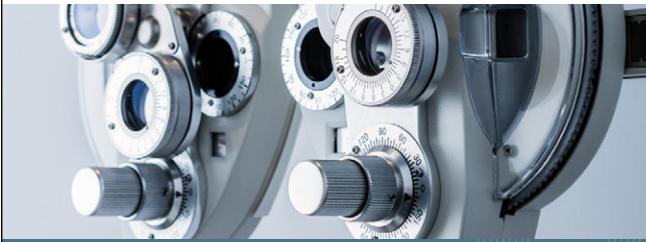
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Seniors'

What's On Weekly:

Mondays

- 10 am • **Ukulele** • Seniors Centre
- 10 am • **Drop-in** (to 3 pm) • Gerry Gray Place
- Noon • **Lunch Service** (must register) • Gerry Gray Place
- 1 pm • **Line Dancing** • Legion
- 1 pm • **Canasta** • Seniors Centre
- 1 pm • **Seniors Wellness Drop-In Class** • Rec Complex
- 1 pm • **Table Tennis** • Rec Complex
- 4 pm • **Pickleball** • Oceanview
- 7 pm • **Cards** • Seniors Centre
- 7 pm • **Cinch** • Legion

Tuesdays

- 10 am • **Tai Chi** • Cranberry Seniors Centre
- 10 am • **Viva Voce Choir** • Cranberry Seniors Centre
- 10 am • **Drop-in** (to 3 pm) • Gerry Gray Place
- 11:30 am • **Rhythm and Strength** (Drum Fit with Stretch) • Gerry Gray Place
- 12:30 pm • **Chair Yoga** • Gerry Gray Place
- 1 pm • **Table Tennis** • Rec Complex
- 1 pm • **Groove Dancing** • Cranberry Seniors Centre
- 1 pm • **Drop-in coffee & chat** • Rec Complex
- 1:30 pm • **Duplicate Bridge** • Cranberry Seniors Centre
- 7 pm • **Fun Darts** • Legion

Wednesdays

- 9:30 am • **Chair Yoga** • Rec Complex
- 10 am • **Drop-in** (to 3 pm) • Gerry Gray Place
- Noon • **Lunch Service** (must register) • Gerry Gray Place
- Noon • **POP Pickleball** • VIU
- 1 pm • **Mahjong** • Seniors Centre
- 1 pm • **Carpet Bowling** • Seniors Centre
- 1 pm • **Seniors Wellness Drop-In Class** • Rec Complex
- 4 pm • **Pickleball** • Oceanview
- 6 pm • **Table Tennis** • Rec Complex

Thursdays

- 9 am • **Fibre Arts Auxiliary** • Cranberry Seniors Centre
- 9 am • **Strong Men's Fitness Class** • Gerry Gray Place
- 9 am • **Men's Coffee Social** (to 11 am) • Gerry Gray Place
- 9:30 am • **Quilting** • Cranberry Seniors Centre
- 10 am • **Drop-in** (to 3 pm) • Gerry Gray Place
- 11:30 • **Free Seniors Lunch** • United Church
- Noon • **Chair Yoga** • Gerry Gray Place
- 1 pm • **Shuffleboard** • Legion
- 1:15 • **Projects Half Done** • United Church
- 1:30 pm • **Duplicate Bridge** • Legion
- 6 pm • **Table Tennis** • Rec Complex
- 7 pm • **Latin Dance** (light exercise) • Cran Seniors Centre
- 7 pm • **Euchre** • Cranberry Seniors Centre

Fridays

- 9:30 am • **Chair Yoga** • Rec Complex
- 10 am • **Drop-in** (to 3 pm) • Gerry Gray Place
- 10 am • **Seniors in Training** (S.I.T.) • Cran Seniors Centre
- Noon • **Lunch Service** (must register) • Gerry Gray Place
- Noon • **POP Pickleball** • VIU
- 1 pm • **Bridge** • Cranberry Seniors Centre
- 1 pm • **Table Tennis** • Rec Complex
- 1 pm • **Seniors Wellness Drop-In Class** • Rec Complex
- 4 pm • **Pickleball** • Oceanview

Saturdays

- 1:30 pm • **Advanced Pickleball** • Oceanview

Sundays

- 11 am- 5 pm • **Pickleball** (free coaching 11-1) • Oceanview

Activities



FREE FOOD & HANG OUTS: Head to Powell River United Church Mondays at 4:30 pm, and you can eat a spaghetti dinner – for free. It's on til 6 pm, and served up by a crew of friendly volunteers (those include Jeanette Gardener and coordinator Dianne Pedneault). This meal has been around for years, in many incarnations.

Now, on Thursdays starting at 11:30 pm, there is a special lunch in the church just for seniors – also free. The lunch is followed by the "Projects Half Done" social crafting group. Bring whatever you're working on. Everyone is welcome at all three free weekly events.

What's On: More

Seniors at the Library

Memoir writing in person, other writing online, one-to-one tech help, and other support is available free at the Library. Reach out to Mark Merlino at mmerlino@prpl.ca or prpl for details.

Seniors Together Luncheon

In partnership with the Cranberry Seniors Centre, this free event for Seniors includes an educational presentation and a light lunch. It's hosted at the Cranberry Seniors Centre from 11:30 am-1 pm, the third Tuesday of each month. You must pre-register. Register online at powellriverprc.ca, in person at the Recreation Complex, or call 604-485-2891. 

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 fees.

It seems ridiculous to expect anyone to hide their feet in the summer time, no matter how unsightly. Should you be the bearer of appalling appendages, wearing sandals may invite awkward attention.

My father-in-law unwittingly opened that particular can of worms recently by showing very kind concern over my misshapen clodhoppers.

However, my bunions, no matter the discomfort they often cause (most of it my own), are one of the only remaining physical reminders of a cherished and hard-earned talent. As a child I chose dance, following in my cousin's shoes (so to speak). I worked my butt off, earning me a lifetime reputation and even a bit of a career as a dance performer. And also, I earned the bunions.

I was never the breakable, fragile dancer often depicted in images of traditional ballerinas. I yearned for physical power, strength, and agility, and it often frustrated me to watch the classical male dancers bounding, spinning, lifting, heaving, and soaring, while the females waited to be carried across the stage as if they might break like crystal.

It was enlightening to feel taller (I'm quite short in my sandals) when dancing on my toes (recall here the earlier referenced bunions), but I didn't want to be carried or lifted, I wanted to do the carrying and lifting.

At university, the lightening bolt struck and I found contemporary dance. I went from dancing in pointe shoes (well documented in some



Hold joy closer, tiny dancer

From ballet to Crossfit, *qL's* own Lauren Diemer's heart – and feet – find what's needed in every era.

history books as torture devices) to dancing without any shoes at all. And so you can see how life choices can lead, ultimately, to foot deformities.

Adulthood detoured me, and my budding career as a dance performer was unintentionally left in a cul de sac, although I did make successful albeit brief return to the stage in my mid-30s.

Fruitless years went by as I sought something, anything, to replace what dance

had been for me. Fully and completely, dance had been my physical, mental, spiritual, and social soul. Nothing would or could replace it.

Naturally, eventually, I discovered hot yoga. Those of you familiar with yoga will recognize the facets that came close to filling my empty soul basket back up. And it did do the trick, but something was still missing. Other than a yoga mat and water bottle, I didn't find myself lifting and carrying much into or out of the yoga

studio.

Enter stage left: bodybuilding yogi, who proposes a new method of health and well-being for the protagonist.

That was when I met my now life-partner who introduced me to a whole new world of barbells, weight lifting cages, pull up bars and a some wildly crazy workouts.

Beginning dance at a young age benefitted me enormously when I stepped into my first CrossFit gym. I have always understood my body in an intuitive way, which helped, but certainly isn't a pre-requisite. Not only did I discover a new way to be active, I also found a social group (a difficult thing to do when you have young ones and a job and a mortgage and bills and bills and bills...) and a place to belong.

The CrossFit methodology wasn't new to the workout world. The developers simply branded it and added the crucial piece to the bro-gym puzzle, a place people can go to get fit but also to meet life-long friends, to be a part of something fulfilling.

Yoga and CrossFit come pretty close to replacing the physical, mental, spiritual, and social fulfillment I had with my dance career. The side benefits continually reveal themselves the more I learn about myself and about the human body. I've also discovered the risk I pose to household peace when I miss a class or two.

While nothing short of surgery will fix my warped flippers, they are a complex reminder of who I've become. **2**



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- Connect with your community
- & much more!

For more info, please contact:
Melissa Parsley
mparsley@powellriver.ca
or the Recreation Complex



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