

Leq'á:mel

First Nation



December

2025



LEQ'Á:MEL OFFICES
WILL BE CLOSED FOR THE
HOLIDAYS FROM **DECEMBER 22 –**
JANUARY 2.

WE WILL REOPEN AT 8AM
JANUARY 5TH.

WISHING YOU A MERRY
CHRISTMAS, AND ALL THE BEST
IN 2026

IN CASE OF EMERGENCY,

PLEASE CALL

1-604-378-2931



December 2025/January 2026

Leq'á:mel Transfer Station

Christmas Holiday Hours



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
						Open 9:30-5:30
21	22	23	24	25	26	27
Open 9:30-5:30	Garbage Pickup Open 9:30-5:30	Closed	Closed	Closed	Closed	Open 9:30-5:30
28	29	30	31	Jan 1	Jan 2	Jan 3
Open 9:30-5:30	Garbage Pickup Open 9:30-5:30	Closed	Closed	Closed	Open 9:30-5:30	Open 9:30-5:30
Jan 4	Jan 5	Jan 6	Jan 7	Jan 8	Jan 9	Jan 10
Open 9:30-5:30	Garbage Pickup Open 9:30-5:30	Closed	Closed	Open 9:30-5:30	Open 9:30-5:30	Open 9:30-5:30

December

2025

Program Colour Code: Community Health Traditional Healing
Education Community Engagement

Leq'á:mel Health and Wellness Center

Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Nurse Practitioner 9-3 Tutoring 4-8pm(GPB) Must be prebooked. Call or text Julie 236-988-2584 Members Christmas Dinner	2 A/A Group(BR) 7pm Massage 10-2	3 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Language Elders Xmas Lunch	4 Elders Meals Chiropractor 10-2 Members Christmas Dinner	5 NA 12-1 (GPB) Service Canada 10-3 (HB)	6
7	8 Nurse Practitioner 9-3 Tutoring 4-8pm(GPB) Salve Class 2-4pm must pre-register	9 A/A Group(BR) 7pm Dental Gym class 18+	10 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Dental Language	11 Elders Meals Dental Youth Group Gym class 18+	12 NA 12-1 (GPB) Dental Bingo Night	13
14	15 Nurse Practitioner 9-3 Tutoring 4-8pm(GPB) Must be prebooked. Call or text Julie 236-988-2584	16 A/A Group(BR) 7pm Massage 10-2 Gym class 18+	17 Mission Mobile Clinic @ Gas Station 1:30-4:30pm Language	18 Elders Meals Chiropractor 10-2 Gym class 18+	19 NA 12-1 (GPB)	20
21	22	23 A/A Group(BR) 7pm	24	25	26 NA 12-1 (GPB)	27
Closed for the Holidays						
28	29 A/A Group(BR) 7pm	30	31	Location Abbreviations: GPB= General Purpose Building BR= Board Room		
Closed for the Holidays				Back open Jan 5 2026		

January

2026

Program Colour Code: Community Health Education Traditional Healing Community Engagement

Leq'á:mel Health and Wellness Center

Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
Location Abbreviations: GPB= General Purpose Building	BR= Board Room				NA 12-1 (GPB)	
4	5	6	7	8	9	10
	Nurse Practitioner 9-3 Tutoring 4-8pm(GPB) Must be prebooked. Call or text Julie 236-988-2584	A/A Group(BR) 7pm Massage 10-2 Workout class 6:30	Mission Mobile Clinic @ Gas Station 1:30-4:30pm Senior Youth Group(18-27,5-6pm HB) Language 5pm	Elders Meals Chiropractor 10-2 Kids Group(0-12,4:30-5pm HB) Youth Group(12-18,5-6pm HB) Workout class 11:30am	NA 12-1 (GPB) BINGO	
11	12	13	14	15	16	17
	Nurse Practitioner 9-3 Tutoring 4-8pm(GPB) Must be prebooked. Call or text Julie 236-988-2584 Psychological First Aid	A/A Group(BR) 7pm Psychological First Aid Workout class 6:30-7:30pm	Mission Mobile Clinic @ Gas Station 1:30-4:30pm Family Dinner night Language 5pm	Elders Meals Workout class 11:30am	NA 12-1 (GPB)	
18	19	20	21	22	23	24
	Nurse Practitioner 9-3 Tutoring 4-8pm(GPB) Must be prebooked. Call or text Julie 236-988-2584	A/A Group(BR) 7pm Massage 10-2 Workout class 6:30-7:30pm	Mission Mobile Clinic @ Gas Station 1:30-4:30pm Senior Youth Group(18-27,5-6pm HB) Language 5pm	Elders Meals Chiropractor 10-2 Kids Group(0-12,4:30-5pm HB) Youth Group(12-18,5-6pm HB) Workout class 11:30am	NA 12-1 (GPB)	Trampoline Park(Must have pre-registered)
25	26	27	28	29	30	31
	Nurse Practitioner 9-3 Tutoring 4-8pm(GPB) Must be prebooked. Call or text Julie 236-988-2584	A/A Group(BR) 7pm Workout class 6:30-7:30pm	Mission Mobile Clinic @ Gas Station 1:30-4:30pm Language 5pm	Elders Meals Workout class 11:30am	NA 12-1 (GPB)	

HAPPY HOLIDAY

CHRISTMAS

TURKEY OR HAM PICKUP

**LEQ'Á:MEL FIRST NATION
IS OFFERING HAM OR TURKEY
FOR ON AND OFF RESERVE CITIZENS.
FOR THOSE WHO HAVE RSVP**

**Pick up is December 13th
between 10AM-2PM**

Any LFN Citizens in the Lower Mainland will
have to pick up at our Admin building
Any LFN Citizens outside of the Lower
Mainland will receive a cash value for one
turkey.

1 HAM OR TURKEY PER HOUSEHOLD

Merry Christmas and Happy New Year

Leq'á:mel
First Nation

Our new playground is open! Get ready to slide, climb, and giggle endlessly!





HOUSING NEWS

Health & Safety renovations continue and are going well. If you have Health & Safety needs within your home and would like an inspection, please contact me to discuss.

Members living on reserve could receive \$80 000 to put towards building or purchasing a new home through a funding opportunity.

Housing applications need to be submitted yearly in August to remain on the list. Application forms are available at reception, or I can email/mail one to you.

Housing/Lands/FAC/Council are working through historical housing information and financials pertaining to CP/Home Ownership. Once all the information is captured correctly, a Housing Meeting will be arranged for community engagement.

A new playground has been installed beside the Band Office. Stay tuned for details on the upcoming Grand Opening and Ribbon Cutting Ceremony!

Wendy McDonald · Housing Manager
604-826-7976 · wendy@leqame1.ca

HOME MAINTENANCE TIPS

Furnace filters should be changed.

Gutters should be cleaned to allow rain to flow freely into downspouts. Overflowing gutters will cause damage to a home.

Chimneys & stovepipes should be cleaned.

Hoses should be disconnected for winter to prevent issues from frozen hose bibs.

Reminders

Renovations to band owned homes need approval from LFN Housing Dept before beginning.

Any occupant living in a band owned home requires approval from LFN Housing, along with a Criminal Record check. Subletting is not permitted.



Winter will soon be upon us! Here are some winter home maintenance tips and recommendations to keep your home healthy and safe. These are the responsibilities of the tenant or homeowner.

- Keep roadways clear of vehicles and objects to allow for proper snowplowing. It's recommended to have some salt or sand to help with slips on icy stairs or walkways.
- Keep all debris clear of walkways, driveways, and decks (vital for emergency services).
- Do not stack firewood close to your home. This is a fire hazard.
- Outdoor taps: disconnect the hose in the winter months to prevent freezing pipes.
- Chimneys and stovepipes should be cleaned yearly to prevent fires.
- Furnace filters should be replaced to extend the life of your furnace and help with dust control in your home.
- If you are using a portable space heater, ensure it is placed in a clear space away from any flammable materials such as blankets, clothing, sheets, etc
- Gutters and downspouts should be cleaned to allow water to flow properly away from your home.
- Dryer vents should be cleaned to allow proper airflow to outside.



Leq'á:mel First Nation

43101 Leq'á:mel Way Phone: (604) 826-7976
Deroche, BC V0M 1G0 Fax: (604) 826-0362
www.leqamel.ca

New Leq'á:mel Members recently added:

Last Name	Given Names	Date Added
Shoush	Bronwyn Cole	10/16/2025
Shoush	Sarah Melina Suzanne	10/16/2025
Shoush	Sittnaur	10/16/2025
Shoush	Suzanne	10/16/2025
Last Name	Given Names	Date Added
Emmanuel	Carys	11/3/2025
Emmanuel	Kaden	11/3/2025
Emmanuel	Kian	11/3/2025
Fontaine	Amari Toussaint	11/3/2025
Fontaine	Rahim Roman	11/3/2025
Fontaine	Zain Riel	11/3/2025
Phair	Elizabeth Ann	11/3/2025



Leq'á:mel First Nation Contact Update Form

Please complete and submit this form for the following:

- You have moved; or
- Changed your phone number; or
- Changed your email

Please drop the completed form off at the Administration Building or email your information to membership@leqamel.ca

***Please print clearly in uppercase letters**

Date Submitted:			
Full Name:			
Street Address:			
City:		Postal / Zip Code:	
Province/State:		Country:	
Main Phone #:		Alternate Phone #:	
Email:			

** If you have changed your bank information and have not sent Leq'á:mel Finance your updated banking information, please send your direct deposit information to courtney@leqamel.ca and chelsea@leqamel.ca **

Confidential when completed



INFORMATION BULLETIN

Flood Debris Management Program Deroche Creek Flood Recovery Project



Project Scope:

During the November 2021 ARE significant amounts of sediment covered reaches throughout lower Deroche Creek and caused increased flooding risk to MOTT and CPKC Rail bridges as well as residents near the creek. Sediment removal and bank restoration of the creek has been conducted to mitigate the risks in the area.

Status:

- Completion at 100%

Work completed this month:

- Planting

Contact:

Please reach out to the project Information Officer at sec.info.epd@gov.bc.ca if you have any outstanding concerns.



Low flow channel and root wads



Fan Channel 4B confluence

For more information and a summary of our projects, visit:

[Flood debris management projects - Province of British Columbia \(gov.bc.ca\)](https://www2.gov.bc.ca/gov/content/safety/flood_debris_management_projects)



Leq'á:mel First Nation Lands and Natural Resources Department

41320 Lougheed Hwy, Deroche BC V0M 1G0 P:236.602.4441





December Community Updates

Lands and Natural Resources Department

Search and Rescue new vessel blessing by LFN:

We were honoured to attend the announcing of a new vessel. We were able to incorporate our culture and bless the boat in a good way by our drum, song and Elders using Xepay (cedar) bows to sweep off any bad thoughts/feelings in preparation for its work on the Fraser River. Here are some photos of the event and we want to thank our Elders and Members that showed their appreciation for the search and rescue and what they stand for. We really appreciate what they do for us in all in our respective communities on the land and on the water.

Cold smoked chum 2025:

We were able to smoke some chum for some of the community and wanted to share some photos of the work and how we do the traditional cold smoked chum. As we grow this effort, there will be opportunities for those that have never had this type of smoked fish to get some of it. We are trying to make sure that we make a valid, concerted effort to get some out to our members for a taste of our teachings and culture where and when appropriate. Thanks for your patience in how we work towards this annually and we understand the need is there for food security and having our traditional and cultural food is an important value for us to instill in our community for generations to come



LEQ'Á:MEL HAS **SCHOOL** SUPPLIES

We have available a range of supplies to help students of all ages, including paper, pencils, pens, highlighters, whiteout and more.

If you need supplies we do not have, we will order them for you.



**PLEASE EMAIL
SHEENA@LEQAMEL.CA OR
CALL 604-826-7976 TO LET
US KNOW WHAT YOU NEED**



KEEP LEARNING BRIGHT THIS HOLIDAY SEASON

As we move into the busy Christmas season, we want to remind families that academic support sessions will continue to be available. Whether your child needs help staying on track or boosting confidence, we're here to help.

Our new online reading and math programs are available. These programs (Mathletics, Math Seeds, Reading Eggs) are designed to make learning fun and accessible from home—on any device!

Email or call Julie (julie@leqamel.ca, 236-988-2584) to book a tutoring session or obtain a user ID and log in for your child to access our online programs.



DRIVING LESSONS

The Leq'á:mel Education Department is
excited to offer driving lessons to our youth
aged 16-19.

Please contact Sheena Zeeb for more
information.

Sheena@leqamel.ca
604-826-7976

Limited space available

A message from our Elders' Group

Ey swáyèl tel siyá:ye (Hello my friends)

Our Elders' Group has gathered together once again, and we are looking for Band Members who are 55+ and would like to join our group.

Planning monthly dinners, bingo nights, visiting other communities and social events (trips) are some of the activities we are looking forward too!

**We look forward to seeing / meeting you at our meeting.
Your voice is important!!**

Meeting Dates:

December 17th, 2025 6PM at the Health Centre

January 7th, 2026 6PM at the Health Centre

January 21st, 2026 6PM at the Health Centre

LEQ'Á:MEL MEMBERS
PLEASE RSVP FOR
YOUR

Christmas PRODUCE BAGS



IN LIEU OF FAMILY DINNER NIGHT IN DECEMBER
WE WILL BE PROVIDING BAGS OF PRODUCE

**RSVP BY 4PM
ON DEC. 10**

We will deliver to those who rsvp on reserve. Those who live off reserve must be able to pick up on December 16th between the hours of 10am - 6pm at the Leq'á:mel Health Centre.

EACH BAG WILL
CONTAIN CARROTS,
ONIONS, CELERY,
POTATOES, APPLES,
AND ORANGES.

42981 Leq'á:mel Way, Deroche

RSVP with the events team:

Email: events@leqamel.ca

Office: 604-287-0011 | Cell: 236-887-2759



LEQ'Á:MEL MEMBERSHIP

Annual Christmas Dinner

December 1st, 2025 & December 4th, 2025

43101 Leq'á:mel Way, Deroche, BC



Doors open at 4:30pm

Dinner to be served at 5:30pm



Seating will be limited to 200 people per night so RSVP is required. RSVPs must be done via Eventbrite using the link below. All persons rsvp-ing must provide their name, age, and contact information.

Please be advised that these dinners are for Leq'á:mel members, their spouse, and their children (that are minors). Any adult non-member children will be required to pay for the cost of their meal.

Due to seating capacities, non-member extended family members are not permitted to attend.

Thank you for RSVPing for this event. We have received word from the North Pole that we will be having a special guest join us for both member dinners. We can't wait to see you there!

Please remember to only come on the date that you put in your RSVP for.

For more information please contact the events team:

Office: 604-287-0011

Cell: 236-887-2759

Email: Events@leqamel.ca

RSVP's are
now closed.



Save the Date

LEQ'Á:MEL ELDER'S GROUP INVITES

YOU TO JOIN THEM FOR THEIR

CHRISTMAS LUNCHEON

When: December 3rd, 2025

*Where: 43101 Leq'á:mel Way,
Deroche, BC*

Doors open at 11am

Lunch to be served at 12:30pm

Goodbyes at 3pm

Still space available for any
Leq'á:mel elders who have not
yet RSVP'd to do so. Please
contact the Health Center at
604-287-0011.





Leq'á:mel is bringing Service Canada to you.

Drop ins welcome

December 5th, 2025

10am-2pm

in the Health Center

Do you need help with:

Pension Applications

EI Applications

Canada Dental Benefit

Canadian Disability Benefit

Obtaining Social Insurance Number

We can also go over your claims to
make sure you are getting all the
benefits you are entitled to.



**Service
Canada** 

HEALING HOMES IS HOSTING A MAKE AND TAKE SALVE WORKSHOP

December 8th
2-4pm
in the Health Building

Please call if you would like to come!
Limited seats

604-287-0011



HEY LEQ'A:MEL! PLEASE
JOIN US FOR A
CHRISTMAS
Bingo Night

Festive spirits soared as friends gathered with their daubers ready for a joyful Christmas bingo night filled with laughter and prizes.

ADULTS ONLY. MUST BE 18+ TO ATTEND AND PLAY.

December 12th, 2025
Doors Open at 5pm

43101 Leq'a:mel Way

For more information contact the events team at
604-287-0011/236-887-2759
events@leqamel.ca

NON
MEMBER \$5
DROP IN FEE

ADULTS
ONLY 18+

LOW IMPACT GYM CIRCUIT



TUESDAYS 6:30 - 7:30PM
(EXCEPT NOV 25 & DEC 2)
THURSDAY NOVEMBER 20TH AND 27TH
DECEMBER 11TH AND 18TH
11:30-12:30PM
WITH ANGIE AND BRIAN

LET'S MOVE TOGETHER – YOUR FITNESS JOURNEY STARTS HERE!

**READY TO START YOUR FITNESS JOURNEY?
COME ENJOY A FUN, LOW-IMPACT CIRCUIT WORKOUT DESIGNED FOR ALL FITNESS
LEVELS!**

WHAT TO BRING:: COMFORTABLE CLOTHES, WATER AND A SMILE!
WE WILL PROVIDE A STARTUP KIT- WATER BOTTLE, BAG AND TOWEL

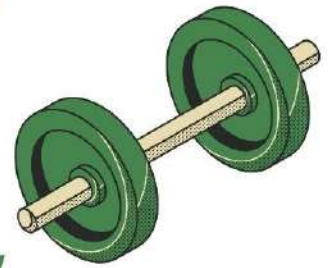
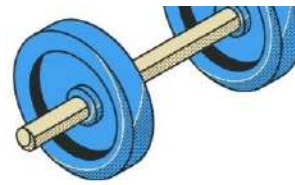
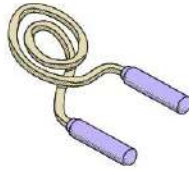
WAIVERS AND SIGN IN SHEETS AT THE DOOR

IN THE GYM

43101 Leq'á:mel Way, Deroche

604-287-0011





STRONGER EVERYDAY- COME JOIN US FOR AN EMPOWERING EXERCISE CIRCUIT WORKOUT!

NON
MEMBER \$5
DROP IN FEE

ADULTS
ONLY 18+

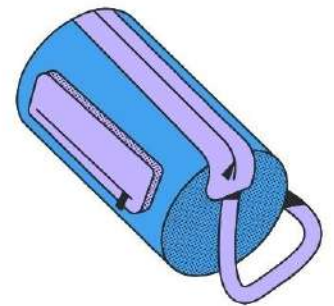
Kickstart your day, stay active,
and have fun in a supportive
environment!

JANUARY AND FEBRUARY

TUESDAYS 6:30-7:30PM

THURSDAYS 11:30-12:30PM

WAIVERS AND SIGN IN SHEETS AT THE DOOR



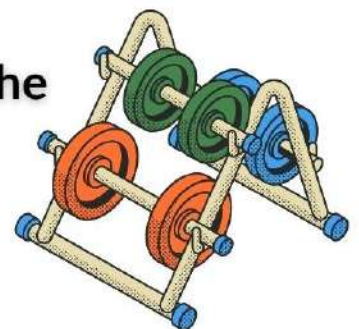
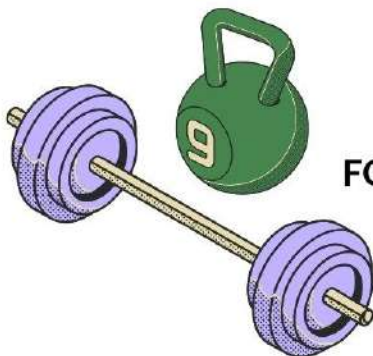
**WHAT TO BRING: COMFORTABLE CLOTHES, WATER AND A SMILE!
WE WILL PROVIDE A STARTUP KIT- WATER BOTTLE, BAG AND TOWEL**

IN THE GYM

43101 Leq'á:mel Way, Deroche

FOR MORE INFORMATION PLEASE CALL:

604-287-0011



LEQ'Á:MEL HEALTH
CENTER INVITES YOU TO

LUNCH WITH THE BUNCH

JANUARY
AND
FEBRUARY,
EVERY
FRIDAY
1-3PM

SOUP AND
BOARDGAMES



42981 LEQ'Á:MEL WAY

AGES 18 - 27

STARTING IN JANUARY



SENIOR YOUTH *Group*

JANUARY 7 | JANUARY 21
5PM - 6PM @ HEALTH CENTRE
MEAL PROVIDED

Come join us in a safe space to share your ideas and help plan for future outings with your fellow youth.

LFN Youth Group is a safe space for all youth where bullying is not accepted.

Need a ride? Let us know a head of time and we can help provide a ride.



**FOR MORE INFORMATION PLEASE CONTACT THE
EVENTS TEAM**

OFFICE: 604-287-0011 CELL: 236-887-2759

EMAIL: EVENTS@LEQAMEL.CA



**AGE 0-12
YEARS**

LEQ'Á:MEL
KID'S CLUB

**STARTING IN
JANUARY!**

JAN. 8 & 22

4:30PM -5PM @
HEALTH CENTRE

COME JOIN US
FOR SOME FUN
AND SHARE
YOUR IDEAS



KIDS UNDER 6 MUST ATTEND
WITH AN ADULT.
SNACKS TO BE PROVIDED.

FOR MORE INFORMATION PLEASE
CONTACT THE EVENTS TEAM.
604-287-0011 | 236-887-2759
EVENTS@LEQAMEL.CA

Hey Leg'a:mel! Are you 12 - 18? Or do you know a teen that is 12 -18?

WE WANT TO INVITE ALL LFN YOUTH TO COME JOIN US AT THE HEALTH CENTRE ON DECEMBER 11TH AT 5PM FOR A MEAL AND CHAT ABOUT UPCOMING PLANS.

STARTING IN JANUARY WE WILL BE AIMING TO HAVE TWO MEETINGS EACH MONTH - PLEASE WATCH FOR FLYERS OR PROVIDE CONTACT INFORMATION TO THE EVENTS TEAM TO GET REMINDERS FOR THE YOUTH GROUP MEETING DATES.

Come join us in a safe space to share your ideas and help plan for future outings with your fellow youth.

Worried about coming alone? Shy? Concerned about bullying? That's OK - Please bring a friend, or parent to help ease your worries. LFN Youth Group is a safe space for all youth where bullying is not accepted.

Need a ride? Let us know a head of time and we can help provide a ride.

For more information, contact

Brittany & Chance

Office # 604-287-0011

Cell # 236-887-2759

Email: Events@legamel.ca



Leq'á:mel YOUTH GROUP

JANUARY MEETING DATES:
JAN. 8 | JAN. 22

We want to invite all LFN Youth to come join us at the Health Center for a meal and chat about upcoming plans.

Please watch for flyers with meeting dates or provide your contact information to the events team to get reminders for the youth group meeting dates.



5pm

@ HEALTH
CENTER

Come join us in a safe space to share your ideas and help plan for future outings with your fellow youth.

Worried about coming alone? Shy? Concerned about bullying? That's OK - Please bring a friend, or parent to help ease your worries. LFN Youth Group is a safe space for all youth where bullying is not accepted.

Need a ride? Let us know a head of time and we can help provide a ride.

For more information please contact Brittany & Chance



events@leqamel.com



236-887-2759



604-287-0011



PSYCHOLOGICAL

FIRST AID

TRAINING

*2 day in person
course
no online portion*

TRAINING INCLUDES:

- ✓ Psychological First Aid , Stress, Distress, Loss and Grief
- ✓ Trauma, Vulnerable populations
- ✓ Resiliency and Protective Factors
- ✓ Self-care

**JANUARY 12TH AND 13TH 2025 |
9AM-5PM**

LEQ'A:MEL FIRST NATION GYM

CONTACT US:



604-287-0011

Please Call Health Center to
book. Max 30 attendees

Leq'á:mel Family Dinner Night

WITH SPECIAL GUESTS - WINCHESTER VICTOR
& THE LEQ'Á:MEL NURSING TEAM

Come join us for a hot meal and meet Winchester Victor. He will be joining us for a short discussion on somatic trauma therapy at 5:30pm. (Please see the attached bio for Winchester.) We will also have a sign-up sheet for 1 on 1 sessions with Winchester that will happen at a later date.

January 14, 2026

Location: Leq'á:mel
Administration Building

Time: 5pm - 8pm

Take home a produce bag, a wellness hamper, have a chance to win a grocery hamper and meat packs.



TALK TO US

Phone: 604-287-0011 or Email: Events@leqamel.ca

INTRODUCING Winchester Victor

Coming towards our own healing work is often not easy. This was the case for me before I started. Even just a few years ago I would have said that I don't believe I've suffered from being traumatized. It's doubtful that anybody could have convinced me otherwise. In spite of being loaded with urgent feelings and overwhelmed by the stress I encountered in daily life; my belief was that my life was really great.

Thanks to lots of family (living or on the other side), community and cultural support, my spirit, body, emotions and mind have found a way to start coming back to balance. It is not an easy path. Often it seems like the pathway just winds back to where it started and I'm back at the beginning. Only now, the urgent feelings and the overwhelm have shifted. My challenges grow in proportion to my strengths.

I'm so grateful to spirit for giving me a task, empowering me to take it on, and lighting up the path in front of me.

"I'm not trying to be my best self anymore. Now I'm working on connecting to my whole self"

Winchester is the name my body chose for me only a few years ago. My old name served me well for a long time. More recently I recovered from many traumatizing events by allowing my body to complete the physical responses that felt stuck on pause. The person I feel like on the inside is more alive. My clinical counsellor asked me about my name. The moment she asked, a part of my body spoke up, by trembling. When my body spoke, I focused all my attention on it and listened. The name came right out, and it was undeniable. It was an unusual experience. I thought about it for many months. But I decided to make it official and change my name. It feels like another step in becoming the fullest version of myself.

Trauma appears to affect all the pieces of a person; spiritual, physical, emotional and mental. Somatic trauma therapy works with the powerful, urgent survival energy that has been held on pause in the body.

The process of responding to a threatening moment is a process like digestion. Our body knows how to finish responding to traumas. It seems to ask us regularly, "in an unspoken voice" as Peter Levine says.

The culture most of us grew up in convinced us to ignore or resist the messages coming from our body about its own needs. Pain and tension seem to be like trailheads towards resolution. When we learn to follow the trails, we learn to move through terrible discomfort and on the other side lives relief and post traumatic growth.

Safety in the present moment is crucial for this type of healing work. Healing can be very disruptive, especially when we are not able to find any sense of safety in daily life. The first priority with somatic trauma therapy has to be settling into a feeling of safety. Only then can we move towards the sensations and emotions of pent-up survival stress.

- Winchester Victor



Youth Wellness Day

ARCADE TRUCK
MANICURES
GAMES

PRIZES
SWAG BAGS
PIZZA & CHICKEN

AGES 12-18

JANUARY 23, 2025

12PM - 3PM

LEQ'Á:MEL GYM



FOR MORE INFORMATION PLEASE CONTACT
JAMIE 604-287-0011 OR
SHEENA 604-826-7976



Inviting all Leq'a:mel Youth
ages 1-27 to join us on
January 24th at the



Jump time to be determined closer to
the date.
Parents are encouraged to attend with
their younger youths.

RSVP at the Leq'a:mel Health
Centre by 4pm January 9th. Need a
ride? Not a problem, please let us
know when you RSVP as bus
space is limited.

Phone: 604-287-0011

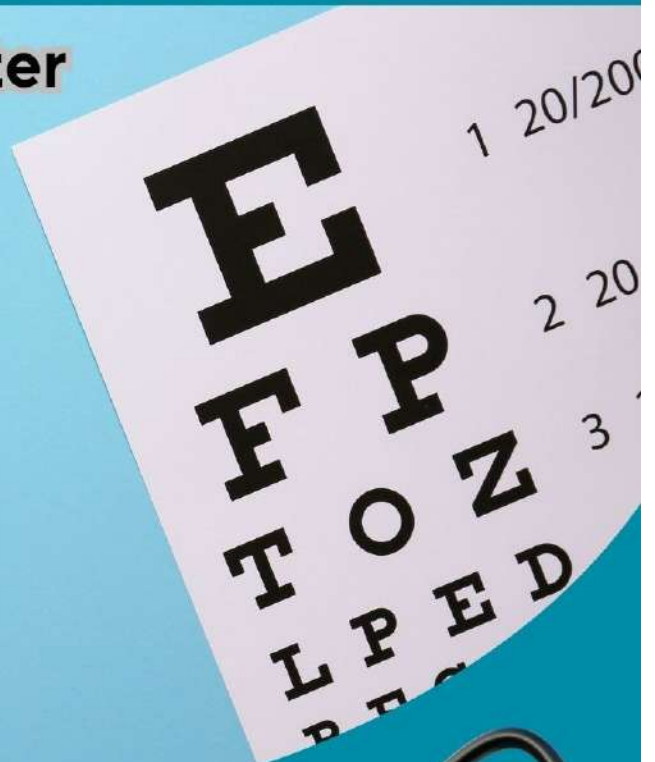
Cell: 236-887-2759

Email: Events@leqamel.ca



Dr. Bubra

will be at the Health Center
January 27th 2026



Clear Vision, Healthy Eyes!

If you would like to book an
appointment please call
Michelle at the Health Center.
604-287-0011 or
call/ text 236-887-1359



DENTAL CLINIC



with Michelle Beattie
dental hygienist

JANUARY 28TH-30TH

- Dental Checkup
- Teeth Cleaning
- Dental X-Rays
- Referrals

Call Michelle at The Health
Center to book your spot!

604-287-0011

Call or text 236-887-1359

Email:

michelle.ledenko@leqamel.ca

New patients welcome!



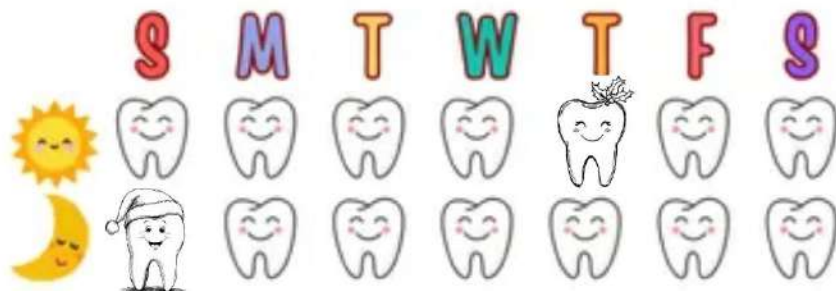
DECEMBER

**ENTER TO
WIN!!!**

KEEP YOUR TEETH HEALTHY CHALLENGE

COLOUR EACH TIME YOU BRUSH & HAVE A GROWN UP SIGN

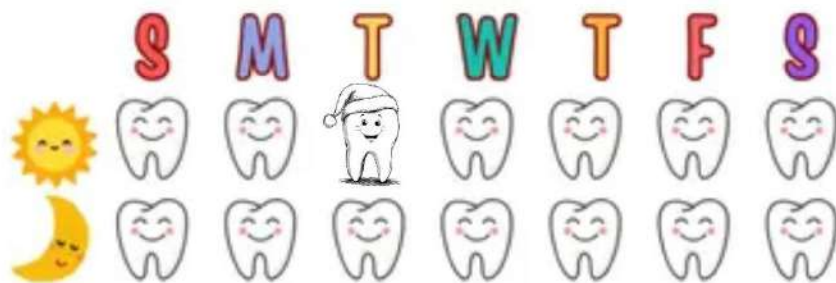
**12
and
under**



Child's name _____

Age _____

Adult Initial _____



Child's name _____

Age _____

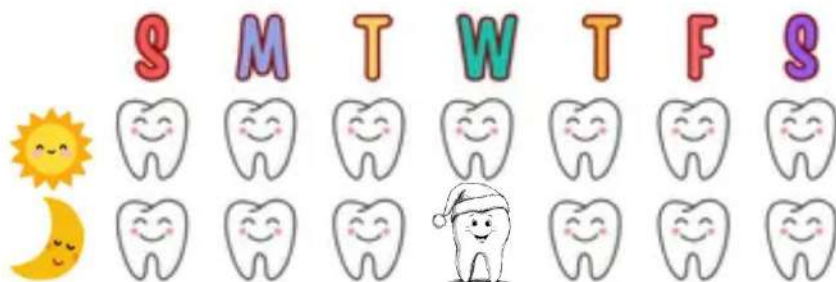
Adult Initial _____



Child's name _____

Age _____

Adult Initial _____



Child's name _____

Age _____

Adult Initial _____

**CUT OUT EACH COMPLETED WEEK FOR AN ENTRY TO WIN AN ELECTRIC
TOOTHBRUSH !!!**

**MORE sheets and drop off at Leqamel Health Ctr by Jan 5/26
Draw date Jan 8/26**

RELAXING *MASSAGE*

NOW BOOKING

DECEMBER

2 AND 16

JANUARY

6 AND 20

FEBRUARY

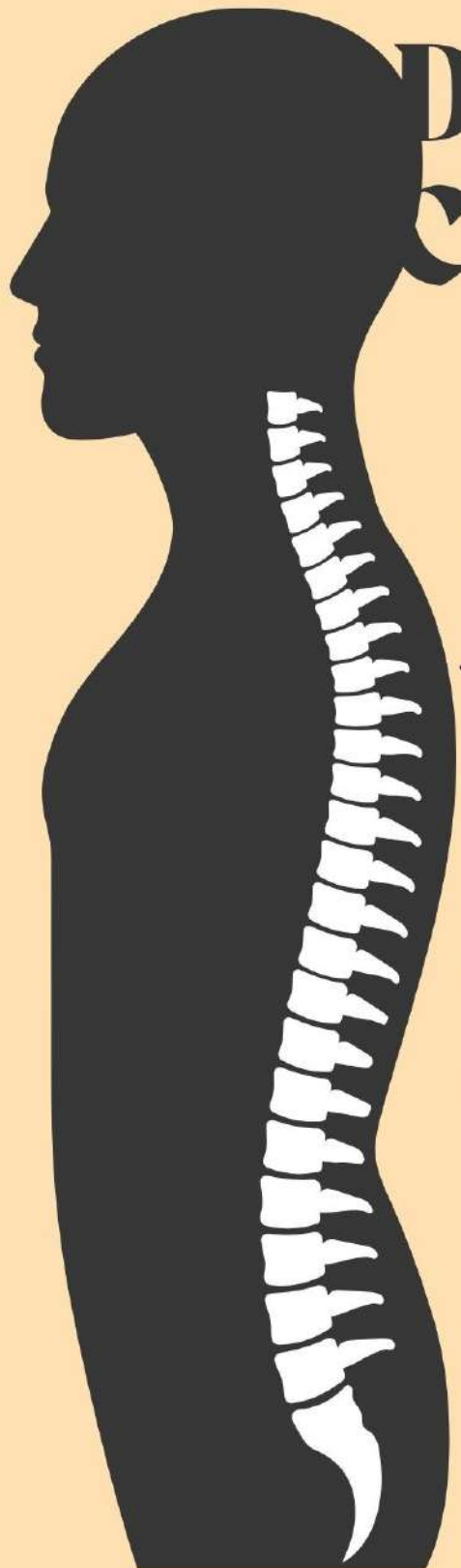
3 AND 17



HALF AN HOUR PER SESSION

CALL THE HEALTH CENTER TO BOOK YOUR APPOINTMENT TODAY

604-287-0011



Dr. Cervo Chiropractor

Now Booking:

December 4th and 18th

January 8th and 22nd

February 5th and 19th

Call the Health Center
to book your spot

(1st visit is 45 mins, any
visit after is 15 mins)

604-287-0011

FOOD SAFE

Level I

***Come
join us!***

DETAILS:

FULL DAY course & written exam
FRIDAY MARCH 20, 2026
8:30 am to 5:00 pm,

LIMITED SPACES

CALL TO SIGN UP

½ HR LUNCH
PROVIDED

SNACKS

604-287-0011



WHERE:

Leq'á:mel Community Gym

Recovery Support

AA Meeting Support

24 hour A.A. Cellphone:
604-864-1552

Deroche Old School:

Where: LFN Health Building

When: Tuesdays- 7 pm

Zoom:

Monday: Mission Morning
10 am

ID 9904980719

PW: Mission

For the latest updates, check the
website:

www.district44missionaa.org

NA Meeting Support

Where: All Saints Monastery
(37323 Hawkins Pickle Road)

When: Thursdays at 7 pm

Leq'á:mel at Noon

Where: LFN General Purpose
Building

When: Fridays at 12 pm
(noon)

Please contact the Health & Wellness
Centre at 604-287-0011 for more
information about AA & NA programs.




LEQ'Á:MEL ELDERS MEAL DELIVERY

EVERY THURSDAY BETWEEN
10AM-1PM
WE WILL DELIVER
1 SALAD
1 SOUP
1 DINNER
1 DESSERT
AND SOME FRESH FRUIT

IF YOU WOULD LIKE TO SIGN UP FOR THIS
SERVICE, PLEASE CONTACT THE HEALTH CENTER
AT 604-287-0011




Did you know that there are many
over-the-counter medications
available at no cost for individuals
with status?

For Example:

Polysporin (Ointment, eye, and ear)
Tylenol, Advil and Gravol of various kinds (Infant,
Kids, and Adult)
Voltaren
Allergy medications
Lice treatment (Nyda, Nix)
Epipens
Various Vitamins (pediatric and prenatal multi
vitamins)
Refresh eye drops
Dairy digestive (Lactaid)
Arthritis relief
Diarrhea relief
Heart Burn aid
Nicorette inhalers
and so much more

Check out plan w online to see the full list or contact
our nurse (or your pharmacist of choice) with any
questions.

604-287-0011

IT'S TIME TO GET VACCINATED!



LEQ'Á:MEL HEALTH CENTRE NURSES PROVIDE VACCINES

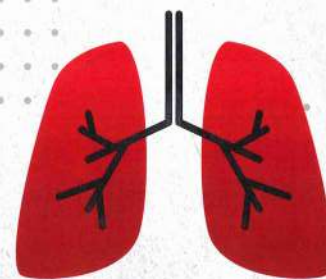
Did you know:
Children starting
kindergarten are eligible
for 2 vaccines.

Did you know:
In grade 6 & 9 children
are eligible for 2
additional vaccines

Did you know:
All adults are eligible for
tetanus vaccine every
10 years

If you have any questions please call or
drop by the health centre anytime and
speak with Brenna or Jamie.

604-287-0011



TB TESTING AVAILABLE

AT LEQ'Á:MEL HEALTH
CENTRE.

CALL THE NURSE TO BOOK
604-287-0011

FOOTCARE SERVICE

Now Available

Our Services :

- ✓ ASSESSMENTS
- ✓ NAIL TRIMMING
- ✓ EDUCATION
- ✓ GOAL PLANNING

BOOKING NOW

604-287-0011



Care provided by Dianne, RN & Jamie, LPM

CARES Counselling Society

Contact the nurse at Leq'a:mel Health Centre for a referral

604-287-0011

Confidential Counselling services for all ages

Children

Youth

Adults

Couples

Families

ASKING FOR
HELP
IS OK

Mission
Division of Family Practice
An FPSC initiative



Mobile Clinic "Mission In Motion"



Located at the Tim Hortons
in Deroche



Attending physician -
Dr. Jeff Kornelsen

Every Wednesday
1:30pm - 4:30pm

Walk-in accepted



Fraser House Rural Connections Free Substance Counselling

Whether you are looking for support around your own substance use concerns, or you are affected by the use of someone close to you, Fraser House Rural Connections counsellors are ready to connect.

Located at the Deroche Access Centre
Serving clients from Hatzic Lake to
Harrison Mills

Contact sam@fraserhouse.org or call 604-826-6810
to connect





FRASER SALISH REGION
First Nations Health Authority

WELLNESS SUPPORTS

COMMUNITY WELLNESS INITIATIVES

Healthy living activities to support the health and wellness of individuals, families and communities.

Andrew Duerksen

Acting Lead, Wellness Initiatives
Andrew.Duerksen@fnha.ca

Kalista Kirkness

Community Wellness Initiatives Facilitator
Kalista.Kirkness@fnha.ca

Tracey Jirak

Harm Reduction Educator
Tracey.Jirak@fnha.ca

Mehrdad Ghafouri

Harm Reduction Educator
Mehrdad.Ghafouri@fnha.ca

ENVIRONMENTAL PUBLIC HEALTH

Works in partnership with communities to identify and prevent environmental public health risks and provide recommendations to reduce them.

Amber Lee

Manager, EPHS
Amber.Lee@fnha.ca

After hours emergencies:

1-844-666-0711
Ephs.afterhours@fnha.ca

HEALTH BENEFITS

Access to FNHA benefits such as vision, dental, pharmacy, medical supplies, transportation and counseling services.

Sandra (Sandie) Martins-Toner

Team Lead, Community Relations
Sandra.Martins-Toner@fnha.ca

MATERNAL CHILD & FAMILY WELLNESS

Supports planning and design for wellness programs and services for maternal child, early years, youth and family wellness including health promotion and literacy.

Tara McLaughlin

Maternal Child & Family Wellness Lead
Tara.McLaughlin@fnha.ca

Ashley Crey

Aboriginal Headstart Program Advisor
Ashley.Crey@fnha.ca

Maggie Charlie-Defazio

Aboriginal Headstart Program Advisor
Maggie.Defazio@fnha.ca

Robyn Mertin

Specialist, Family Wellness
Robyn.Mertin@fnha.ca

Jonathan Williams

Community Child & Youth Care Coordinator
Jonathan.Williams@fnha.ca

Jennifer Kazun

Family Wellness Systems Navigator
Jennifer.Kazun@fnha.ca

Darren Charlie

Youth Wellness Liaison
Darren.Charlie@fnha.ca

Rhianon Teegee

Family Wellness Systems Navigator
Rhianon.Teegee@fnha.ca

Shannon Williams

Wellness Navigator
Shannon.Williams@fnha.ca

FNHA Systems Support Line:

Systems.Support@fnha.ca or Call: 604-743-0635



FRASER SALISH REGION

First Nations Health Authority

WELLNESS SUPPORTS

NURSING

Supporting community health nurses and health programs, the nursing team strives to provide comprehensive care and promote wellness at every level.

Sam Noizadan

Regional Nurse Manager

Sam.Noizadan@fnha.ca

Vashti Garcia

Nursing Practice Consultant,
Harm Reduction & Substance Use
Vashti.Garcia@fnha.ca

Jaspreet (Jas) Shokar

Community Health Practice Consultant
jaspreet.Shokar@fnha.ca

WELLNESS SYSTEMS NAVIGATORS

Assists with navigating the healthcare system and connects with health, wellness and social services.

Deanna Rabeneck

Wellness Systems Quality Care Coordinator
Deanna.Rabeneck@fnha.ca

Lori Parkinson

Wellness Systems Quality Care Coordinator
Lori.Parkinson@fnha.ca

SUPPORT & CONTACT LINES

Hope for Wellness Line

1-855-242-3310 or; online chat at:
chat.fn-i-hopeforwellness.ca

FNHA Doctor of the Day

1-855-344-3800

MENTAL HEALTH & WELLNESS

Supports community and individual mental health and wellness through clinical connections and cultural practices promoting mental, emotional, spiritual and physical wellness.

Misty Cockerill

Manager, Mental Health & Wellness
Misty.Cockerill@fnha.ca

Megan McLaughlin

Tobacco & Cannabis Coordinator
Megan.McLaughlin@fnha.ca

Rosaline Madhavan

Mental Health & Wellness Liaison
Rosaline.Madhavan@fnha.ca

Helena Visona

Mental Health & Wellness Liaison
Helena.Visona@fnha.ca

Elizabeth (Beth) Julian

Traditional Wellness Coordinator
Elizabeth.Julian@fnha.ca

Jody Jones

Traditional Wellness Coordinator
Jody.Jones@fnha.ca

HEALTH EMERGENCY MANAGEMENT

Facilitates FNHA activities in response to emergencies that may impact the health of community members.

Leah Brody

Regional Manager, Health Emergency Management
Leah.Brody@fnha.ca

Amber Stewart

Regional Addictions Specialist
Amber.Stewart@fnha.ca

FNHA Systems Support Line:

Systems.Support@fnha.ca or Call: 604-743-0635



L	C	O	L	D	Y	D	B	G	D	P	W	F	W
I	R	H	X	W	U	S	S	Z	G	T	A	U	I
G	M	O	C	Z	W	S	N	W	F	F	L	C	N
H	C	T	H	E	C	Z	O	Z	W	X	H	A	T
T	O	C	R	G	E	D	W	K	H	J	D	N	E
S	O	O	I	R	L	B	F	W	Y	F	K	D	R
T	K	C	S	I	E	D	L	B	L	A	W	Y	B
K	I	O	T	N	B	E	A	I	N	M	R	C	R
X	E	A	M	C	R	C	K	V	H	I	E	A	E
B	S	L	A	H	A	E	E	H	Z	L	A	N	A
K	A	V	S	W	T	M	S	M	V	Y	T	E	K
E	Q	D	L	R	E	B	B	K	G	M	H	V	U
Z	Y	B	W	O	X	E	R	K	F	X	K	D	O
F	R	O	S	T	Y	R	S	A	N	T	A	V	P



-Candy cane -Celebrate -Christmas -Cold
 -Cookies -December -Family -Frosty
 -Grinch -Hot cocoa -Lights -Santa
 -Snowflakes -Winter break -Wreath

Employee Contact Information

ADMINISTRATION & FINANCE

Toll Free US/Canada			1-833-826-7976
Administrator & Senior Finance Officer	Peter Pynacker	peter@leqamel.ca	778-933-0311
Executive Assistant	Tina Brooks	tinabrooks@leqamel.ca	604-378-0950
Human Resources	Stella Laidman	humanresources@leqamel.ca	604-302-9823
Receptionist	Stephanie Toth	reception@leqamel.ca	604-826-7976
Accountant	Courtney Clark	courtney@leqamel.ca	604-826-7976
Accountant	Chelsea Kieler	chelsea@leqamel.ca	604-826-7976
Membership Clerk	Faye Howell	membership@leqamel.ca	236-380-1753
Housekeeper	Kim Town		604-826-7976

SOCIAL DEVELOPMENT

Assisted Living Worker	Kathy Nicolle	kathy@leqamel.ca	778-539-8207
Social Development Worker (Interm)	Tammy Bartz	tammy@leqamel.ca	604-316-6257

HOUSING, OPERATIONS & MAINTENANCE

Housing Manager	Wendy McDonald	wendy@leqamel.ca	604-826-7976
Public Works & Maintenance	Glen McDonald	glen@leqamel.ca	604-712-1655
Public Works & Maintenance	Daemon Cooper	daemon@leqamel.ca	604-826-7976
Public Works & Maintenance	Shannon Howell	shannon@leqamel.ca	604-826-7976
Public Works & Maintenance	Jeremy Bensmiller	jeremy@leqamel.ca	604-826-7976
Transfer Station 604-826-7960	Dean McDonald	dean@leqamel.ca	604-768-9687
Operations & Maintenance Supervisor	Andy Williams	andy@leqamel.ca	604-378-2931

LANDS DEPARTMENT

Lands Manager	Andrew Treger	andrew@leqamel.ca	204-890-4882
Senior Planning Officer	Benafshaw Dashti	benafshaw@leqamel.ca	604-378-2549
Executive Assistant to Lands & Natural Resources Governance	Nichole Clement	nichole@leqamel.ca	236-602-4441Ext1100
Office Coordinator	Abbie Sonnenberg	abbie@leqamel.ca	236-602-4441Ext1104
Lands, Estates and CP Officer	Diana Carvajal	diana@leqamel.ca	236-602-4441Ext1103
Emergency Program Manager	Christina Kelly	christinak@leqamel.ca	236-602-4441Ext1106

NATURAL RESOURCES

Natural Resource Manager	John Tao	john@leqamel.ca	403-835-7865
Guardians Coordinator	Melissa Friesen	melissa@leqamel.ca	604-768-8787
Referral Officer	Justin Laslo	justin@leqamel.ca	778-539-6437
Fisheries and Fish Habitat Technician	Morgan LaPointe	morgan@leqamel.ca	236-602-4441Ext1101
GIS Technician	Kilby Zeeb	kilby@leqamel.ca	604-217-5139
Administration Assistant	Lisa Head	lisa@leqamel.ca	236-602-4441Ext1113

HEALTH CENTRE & EVENTS

Health Manager	Barb Blanchard	barbara_blanchard@leqamel.ca	604-287-0011
Assistant to Health Manager	Christina Armstrong	carmstrong@leqamel.ca	236-887-0510
Medical Receptionist	Chelsea Blaine	medicalreception@leqamel.ca	604-287-0011
Licensed Practical Nurse	Candice Ackerman Jamie Jensen	candice@leqamel.ca jamie@leqamel.ca	778-347-8051
Community Support Worker & COHI Aide	Michelle Ledenko	michelle ledenko@leqamel.ca	604-287-0011
Home Health Community Care Aid	Melissa Stone	melissa@leqamel.ca	604-287-0011
Community Connections Engagement Coordinator	Brittany Paul	events@leqamel.ca	236-887-2759
Events Assistant	Chance Dye	events@leqamel.ca	604-287-0011
Health Building Cleaner / Organizer	Bambi Seymour	bambi@leqamel.ca	604-287-0011

EDUCATION

Education Coordinator	Sheena Zeeb	604-826-7976
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DAYCARE

Daycare Manager	Kate Tralenberg	kate@leqamel.ca	604-287-2004 604-832-3041
Administration Coordinator	Shalimar Fitzgerald		604-287-2004
Infant & Toddler Educator	Michelle Chapman, Shirlene Lynch		604-287-2004
Early Childhood Educator	Alexis Paul, Caitlyn Sampon, Jaden Noel-Hodder Connie Thomas		604-287-2004
Early Childhood Educator Assistant	Amy Folker		604-287-2004
Responsible Adult	Sarah Keats		604-287-2004

LEQ'A:MEL DEVELOPMENT CORPORATION

Chief Executive Officer	Ron Smith	604-845-1424
Finance	Debbie Daoust	604-217-8448
Economic Development Assistant		236-887-7588

SASET Career Development – Office 604-858-3691

AFTER HOURS / WEEKEND / EMERGENCIES 1-604-378-2931

CHIEF AND COUNCIL PORTFOLIOS

Economic Development	Darrel McKamey – 604-556-9281
Education	Camielle Laslo – 604-854-9636
Finance	Stacey Goulding – 778-539-9893
Child and Family Services/Custody/Protection	Dawn Styran – 604-226-1356
Health, Traditional Medicines	Lance Campo – 604-889-6514
Housing	Sandy McDonald – 604-217-5428
Infrastructure	Sandy McDonald – 604-217-5428
Lands	Stacey Goulding - 778-539-9893
Natural Resources	Phil Sherwood – 604-615-4414
Fish and Game	Phil Sherwood – 604-615-4414
Culture, Arts and Language	Phil Sherwood – 604-615-4414
Specific Claims	Darrel McKamey – 604-556-9281
Justice	Lance Campo – 604-889-6514