

CHRONIC PAIN AND INDIGENOUS PEOPLES

CHRONIC PAIN

Pain is an unpleasant sensory and emotional experience typically associated with physical damage to the body. Chronic pain is when the pain lasts longer than three months.

Sometimes chronic pain can occur:

- without a known cause
- after an injury has healed
- after a condition has been treated

The World Health Organization now recognizes chronic pain as a disease and not just a symptom of something else.

There are two types of chronic pain: chronic primary pain and chronic secondary pain.

Chronic primary pain occurs when:

- pain persists after the body has completely healed
- the pain has no identifiable cause, such as:
 - fibromyalgia
 - pelvic pain
 - musculoskeletal pain
 - lower back pain

Chronic secondary pain occurs together with underlying diseases or issues, such as:

- cancer treatment
- post-surgical pain
- rheumatoid arthritis

Nearly eight million people in Canada live with chronic pain. People who experience chronic pain face a wide range of physical, emotional, and social challenges.

Pain is a unique and personal experience that can vary widely from person to person. Your experience of pain is influenced by:

- biology
- psychology
- spiritual factors
- social factors
- emotional factors

THE PREVALENCE OF CHRONIC PAIN IN INDIGENOUS PEOPLES

Indigenous populations experience chronic pain at disproportionate rates in comparison to their non-Indigenous counterparts.¹ However, Indigenous populations are often less likely to obtain and receive care and support for their experiences of pain.

Historical and social trauma associated with accessing health care can make it difficult for Indigenous peoples to seek health care. It can be common to resist the experiences of chronic pain, and this can manifest itself as “toughing it out” and avoiding health care for pain.

Additionally, this act of toughing it out and not seeking health care can also speak to the lack of data, research, and information on the experiences of chronic pain within Indigenous populations.

MANAGEMENT OF PAIN: INDIGENOUS DISCOURSES

Traditional medicine

Indigenous populations conceptualize the world through a holistic lens by embodying and incorporating the frameworks of holism, which considers all components and intersections of self. As such, addressing this widespread problem requires unique and culturally specific approaches to healing.³ A person's resilience to pain or pain threshold/tolerance can also be affected by social supports, cultural strengths, and spiritual health.

Indigenous wellness approaches to chronic pain

Diverse Indigenous cultures and spiritual practices offer wellness approaches addressing the discrete parts of our being.⁴ The Medicine Wheel guides the symbolic balance and interconnection between physical, spiritual, emotional, and mental health. When considering the notion that health is a balance of the dimensions of the Medicine Wheel, three main thematic areas emerge: (1) predictors of imbalance; (2) indicators of imbalance; and (3) strategies to re-establish balance.

While it can be experienced as physical pain, all aspects of self and feelings of unbalance can exasperate the experiences of chronic pain.

While addressing chronic pain, it is crucial to look beyond the pathologizing of pain and seek to care for all aspects of self, such as:

- consuming traditional food
- participating in cultural activities
- using traditional medicines
- acknowledging and treating intergenerational trauma
- nurturing intergenerational resilience
- strengthening and taking pride in cultural identity — for example, by joining a drumming circle, learning one's ancestral language or art forms, or participating in community ceremonies⁴

Within Indigenous medicine we understand this through the interconnections of self. For example, what factors influence a knee injury? There are structural and physical aspects, but sociology and psychology, including our social support network, also influence the way we understand the experience. These social detriments influence our experiences of pain and our ability to recover.

A person who is physically, emotionally, mentally, and spiritually healthy often has a higher pain threshold, requires fewer medicines, and recovers more quickly from illness and injury.⁴

Indigenous experiences

“The impact of culturally safe and Indigenous-led health care has been demonstrated to improve health outcomes, integrate Western and Indigenous knowledge in care plans, and improve access and adherence.”⁵ As such, it is of growing importance for Indigenous peoples to access culturally informed and relevant services and programs.

REFERENCES

1. Julien, Lacasse, Labra, Asselin, 2018
2. Browne, Nelson, Lavoie, 2016
3. Latimer, Sylliboy, MacLeod, Rudderham, Francis, Hutt-MacLeod, Harman, & Finley, 2018
4. FNHA, 2018
5. Wallace, B., Varcoe, C., Holmes, C. *et al.* 2021

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FNHA TRADITIONAL MEDICINE RESOURCES / CULTURAL RESOURCES

- First Nations approaches to traditional medicine:
www.fnha.ca/WellnessSite/Documents/Traditional_Medicine_web.pdf
- First Nations traditional models of wellness (traditional medicines and practices): Environmental scan in BC:
www.fnha.ca/WellnessSite/Documents/Traditional_Models_of_Wellness_Report_2010.pdf
- Holistic health, traditional medicine and naturopathic medicine:
www.fnha.ca/WellnessSite/Documents/Traditional_Medicine_overview.pdf
- Local cultural resources – Northern Indigenous Health:
www.indigenoushealthnh.ca/sites/default/files/publications/documents/10-307-6024-local-cultural-resources.pdf

GENERAL PRACTITIONERS

First Nations Virtual Doctor of the Day

Provides virtual health care and referral support for people who do not have a doctor or are unable to get an appointment. It is for all First Nations people living in BC and their family members, including family members who are not Indigenous. Doctors are available by video or phone from 8:30AM to 4:30PM every day.

Phone: 1-855-344-3800 to book an appointment.

Website: fnha.ca/virtualdoctor

Cost: Covered through MSP

TeleHealth

Your appointment with your doctor or specialist is done through video conferencing. You do not need to travel away from your home.

Website: www.fnha.ca/what-we-do/ehealth/telehealth

Cost: Covered through MSP

Aboriginal Patient Navigator Service

Aboriginal Patient Navigators are a resource for Aboriginal patients/clients and families to connect to the appropriate services to meet their health care needs. They also are a resource for health care providers to help make health care services culturally safe and assist in connecting people with Aboriginal services.

Location finder: www.interiorhealth.ca/services/aboriginal-patient-navigator-service/locations

Website: www.interiorhealth.ca/YourHealth/AboriginalHealth/Partnerships/Pages/APN.aspx

Cost: Covered through MSP

MENTAL HEALTH

Metro Vancouver Indigenous Counselling

Free professional counselling for Indigenous individuals across BC, registered with the First Nations Health Authority.

Website: mvic.ca/mental-health-and-wellness-program/

Vancouver Black Therapy and Advocacy Foundation

Non-profit organization linking Black community members with accredited Black local counsellors in Metro Vancouver. Priority for Black, disabled and LGBTQIA+ folks. New client intake varies throughout the year.

Website: vancouverblacktherapyfoundation.com/sanctuary

Indigenous Counselling Program at the WAVAW Rape Crisis Centre

Free one-to-one counselling for Indigenous including trans and cis women, as well as trans, non-binary, and Two Spirit people, incorporating Aboriginal healing approaches and traditions based on the Medicine Wheel.

Phone: 604-255-6344

Website: www.wavaw.ca/indigenous-counselling/

FNHA First Nations Health Benefits Mental Health Provider List

This is a list of mental health providers that have met the First Nations Health Benefits (FNHB)'s eligibility criteria (www.fnha.ca/benefits/mental-health-providers) and are actively registered with the FNHA.

Website: www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf

Hope for Wellness Helpline offers immediate mental health counselling and crisis intervention by phone or online chat.

Phone: 1-855-242-3310

Chat confidentially with a counsellor at www.hopeforwellness.ca/

Indian Residential School Crisis Line is a national service for anyone experiencing pain or distress because of their residential school experience.

Phone: 1-866-925-4419

Kuu-Us Crisis Line Society provides crisis services for Indigenous peoples across BC.

Phone: Adults/Elders line 250-723-4050; youth line 250-723-2040. toll free 1-800-588-8717

Website: www.kuu-uscrisisline.com

Métis Crisis Line is a service of Métis Nation British Columbia.

Phone: 1-833-MétisBC (1-833-638-4722).

Tsow-Tun Le Lum Society provides confidential outreach services such as counselling, cultural supports, and personal wellness programs.

Phone: 1-888-403-3123

Website: www.tsowtunlelum.org

Virtual Substance Use and Psychiatry Service is an FNHA service providing virtual specialist support in addictions medicine and psychiatry. It requires a referral from a health and wellness provider who can support the individual on their journey. (FNHA Virtual Health can provide a referral for anyone who does not have a provider).

Website: www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service

Native Courtworker and Counselling Association

The Native Courtworker and Counselling Association of British Columbia provides culturally appropriate services to Indigenous people and communities consistent with their needs.

Website: nccabc.ca

Locations across BC

Addiction and Wellness Counselling

Vancouver Coastal Health develops and delivers culturally safe mental wellness and addiction programs for First Nations and Aboriginal people residing within the Lower Mainland including adult counselling, support groups and cultural support and teachings.

Address: #288, 2750 East Hastings Street, Vancouver, British Columbia, V5K 1Z9

Location is between Slocan and Renfrew (close to the PNE), above Shopper's Drug Mart

Phone: 604-675-2551

Email: aboriginalwellnessprogram@vch.ca

Website: www.vch.ca/your-care

Indigenous Patient Navigator – Health Care System

Indigenous Patient Navigators support patients, families and staff while respecting local traditions, protocols, and practices to ensure culturally safe health care services.

VANCOUVER COASTAL HEALTH

Lower Mainland Indigenous Patient Navigator

To access the support of the Indigenous Patient Navigator within the Lower Mainland, please reach out by phone or by email:

Hours: 8:00AM to 8:00PM Monday to Friday // 8:00AM to 5:00PM on weekends and holidays

Phone: 1-877-875-1131

Email: info.indigenoushealth@vch.ca

Qathet Indigenous Patient Navigator

To access the support of the Indigenous Patient Navigator within Qathet, please contact Jessica Hackett by phone or by email:

Hours: 8:00AM to 4:00PM Monday to Friday

Phone: 604 414-4128

Email: jessica.hackett@vch.ca

Bella Bella Indigenous Patient Navigator

To access the support of the Indigenous Patient Navigator within Bella Bella, please contact Cyndi Peal by phone or by email:

Hours: 8:00AM to 4:00PM Monday to Friday

Phone: (604) 786-1736

Email: cynthia.peal@vch.ca

Bella Coola Indigenous Patient Navigator

To access the support of the Indigenous Patient Navigator within Bella Coola, please contact Norma Mack by phone or by email:

Hours: 8:30AM to 4:30PM Monday to Friday

Phone: (236) 589-4717

Email: norma.mack@vch.ca

INTERIOR HEALTH

Castlegar (Hospital- and Community-based)

Kootenay Boundary Regional Hospital // Kootenay Boundary Liaison

Phone: 250-304-5621

Tuesday, Wednesday, Thursday

Cranbrook (Nation-based)

East Kootenay Regional Hospital

Phone: (250) 464-1053

Wednesday, Thursday, Friday

Kamloops (Hospital-based)

Royal Inland Hospital

Phone: (250) 319-5420 or (250) 318-0697

7 days per week (occasional exceptions)

Kelowna (Hospital-based)

Kelowna General Hospital

Phone: (250) 862-4021 or (250) 801-0466

7 days per week (occasional exceptions)

Oliver and Penticton (Hospital-based)

South Okanagan General Hospital Penticton Regional Hospital

Phone: (250) 488-1230

Monday to Friday (excluding stat holidays)

Vernon (Hospital-based)

Vernon Jubilee Hospital

Phone: (250) 558-1200 Ext 4130 or (250) 309-9436

Monday to Friday (excluding stat holidays)

Williams Lake (Hospital-based)

Cariboo Memorial Hospital

Phone: (250) 302-3266 or (250) 267-1677

Days and hours may vary (no coverage on stat holidays)

INDIGENOUS PATIENT LIAISONS - HEALTH CARE

Indigenous Liaison Nurses (ILNs) can advocate on your behalf, helping you access referrals, benefit information and more with ease.

To access the services of an Indigenous Health Liaison, call: 1-866-766-6960.

Hours of service: 8:30AM to 4:30PM Monday to Friday (excludes holidays)

For specific municipalities see below:

NORTH ISLAND

ALERT BAY

Namgis Health Centre

Teliah Vollick

Phone: 250-974-5522 ext. 2184 // Cell: 250-974-8314

Fax: 250-974-2698

Email: teliah.vollick@namgis.bc

CAMPBELL RIVER

Nadine Kruger, ILN

Phone: 250-286-7100 ext. 67305 / Cell: 250-830-8865

Fax: 250-286-7177

Email: Nadine.Kruger@islandhealth.ca

COMOX

Laurel Anderson, ILN

Phone: 250-331-5900 ext. 65308 // Cell: 250-650-5714

Email: laurel.anderson@islandhealth.ca

Emily Mark, Weekend ILN

Phone: 250-331-5900 ext. 65308 // Cell: 250-527-0139

Email: emily.mark@islandhealth.ca

MT. WADDINGTON

Port Hardy Hospital

Benedict Leonard, ILN

C/O Port Hardy Health Unit / Port Hardy Hospital

Phone: 250-902-6011 ext. 66985 // Cell: 250-713-4549

Fax: 250-902-6030

Email: benedict.leonard@islandhealth.ca

Violet Alfred, IPN (Thursday to Tuesday, 11AM-7PM)

Cell: 250-702-5614

Fax: 250-902-6030

Email: violet.alfred@islandhealth.ca

CENTRAL ISLAND

Nanaimo Hospital

Louise Dexter, ILN (Friday to Sunday)

Phone: 250-755-7691 ext. 52095 // Cell: 250-741-4234

Fax: 250-755-3361

Email: louise.dexter@islandhealth.ca

Joanne van Engelsdorp (Monday to Thursday)

Phone: 250-755-7691 ext. 52095 // Cell: 250-883-3010

Fax: 250-755-3361

Email: Joanne.vanengelsdorp@islandhealth.ca

Miranda Borrelli, ILN, NRGH ED

Cell: 250-713-8184

Email: Miranda.borrelli@islandhealth.ca

PORT ALBERNI

West Coast General Hospital

Monday to Friday: 8:30AM-4:30PM

Saturday to Sunday: 8:30AM-4:30PM

Deb Melvin, LPN / Claudette Lucas, LPN

4 rotating 4 days on, 4 days off with Claudette Lucas

Phone: 250-723-1390 ext. 48109 // Cell: 250-735-4319

Fax: 250-731-1342

Email: Deb.Melvin@islandhealth.ca or Deb.Melvin@nuuchahnulth.org

Email: Claudette.Lucas@islandhealth.ca

Linda Smith, LPN

Hours: Monday-Friday 8:30AM-4:30PM

Phone: 250-724-5757 ext. 280 // Cell: 250-731-5392

Becki Nookemis, BA

Hours: Monday-Friday 8:30AM-4:30PM

Phone: 250-724-5757 ext. 264 // Cell: 250-735-3033

Tofino General Hospital

April Nelson, CTN (Sunday to Wednesday)

Alishia Vandrimmelen, CTN (Wednesday to Saturday)

Phone: 250-725-4010 ext. 64143

Email: April.Nelson@islandhealth.ca // Email: Alishia.Vandrimmelen@islandhealth.ca

Cowichan District Hospital

Danny Pasichnyk, CTN (Thursday to Monday, 11:00AM-7:00PM)

Phone: 250-727-2030 ext. 45682 // Cell: 250-589-8256

Fax: 250-709-3038

Email: Danny.Pasichnyk@islandhealth.ca

SOUTH ISLAND

Saanich Peninsula Hospital

Jane Fox, RN BScN

Phone: 250-652-7590 ext. 27590 // Cell: 778-677-0774

Fax: 250-652-7547

Email: jane.fox@islandhealth.ca

Lucia Bartleman, IPN

Cell: 250-217-6407

Email: Lucia.Bartleman@islandhealth.ca

Victoria General Hospital

Monique Pat, RPN

Phone: 250-519-5300 ext. 15479 // Cell: 250-480-8333

Fax: 250-519-1524

Email: monique.pat@islandhealth.ca

Cody Kirkpatrick, ILN (Saturday to Monday)

Phone: 250-727-4543 // Cell: 250-217-0934

Fax: 250-519-1524

Email: Cody.Kirkpatrick@islandhealth.ca

Royal Jubilee Hospital

Selina Bickle, ILN

Phone: 250-370-8847 x18447 // Cell: 250-580-4922

Email: selina.bickle@islandhealth.ca

Catherine Condy, ILN (Saturday to Monday)

Phone: 250-519-1905 ext. 11905 // Cell: 250-580-3920

Fax: 250-519-1524

Email: Catherine.Condy@islandhealth.ca

Candice Trudel, ILN (Float)

Cell: 250-508-6268

Fax: 250-519-1524

Email: Candice.Trudel@islandhealth.ca

NORTHERN HEALTH

Burns Lake

Vacant

Phone: 250-692-2474

CHETWYND

Vacant

DAWSON CREEK

Margaret McGillis

Email: Margaret.McGillis@northernhealth.ca

Phone: 250-795-6190

www.indigenoushealthnh.ca/sites/default/files/initiatives/documents/apl-brochure-dawson-creek.pdf [PDF]

HAZELTON

Wrinch Memorial Hospital

Angie Combs

Email: Angie.Combs@northernhealth.ca

Phone: 250-842-4407

www.indigenoushealthnh.ca/sites/default/files/initiatives/documents/apl-brochure-hazelton.pdf [PDF]

NORTH PEACE (FORT ST. JOHN)

Vacant

Phone: 250-261-7481

Omineca Region

Angie Prince

Email: Angie.Prince@northernhealth.ca

Phone: 250-567-8930

www.indigenoushealthnh.ca/sites/default/files/initiatives/documents/apl-brochure-omineca.pdf [PDF]

PRINCE GEORGE

University Hospital of Northern BC

Vacant

In the interim please contact the UHNBC switchboard on 250-565-2000 and ask to be connected to the appropriate ward, and they can reach the social worker.

PRINCE RUPERT

Vacant

Phone: 250-622-6520

QUESNEL

GR Baker Memorial Hospital

Lyndsey Rhea

Email: Lyndsey.Rhea@northernhealth.ca

Phone: 250-985-5812

www.indigenoushealthnh.ca/sites/default/files/initiatives/documents/apl-brochure-quesnel.pdf [PDF]

SMITHERS

Bulkley Valley District Hospital

Lisa McKinnon

Email: Lisa.Mckinnon@northernhealth.ca

Phone: 250-643-7347

www.indigenoushealthnh.ca/sites/default/files/initiatives/documents/apl-brochure-smithers.pdf [PDF]

TERRACE AND KITIMAT

Mills Memorial Hospital

Lloyd McDames

Email: Lloyd.McDames@northernhealth.ca

Phone: 250-638-4085

www.indigenoushealthnh.ca/sites/default/files/initiatives/documents/apl-brochure-terrace-lloyd.pdf [PDF - Lloyd]

Tanya Gregoire

Email: Tanya.Gregoire@northernhealth.ca

www.indigenoushealthnh.ca/sites/default/files/initiatives/documents/apl-brochure-terrace-tanya.pdf [PDF - Tanya]

COMPLAINTS & CONCERNS - HEALTH CARE

FNHA Compliments and Complaints

If you want to provide feedback on your experience of a BC health care service, you can submit it to the FNHA Quality Care and Safety Office (QCSO). You can provide feedback on your experience with any BC public health care service, including: those delivered directly by FNHA (such as nursing stations, Virtual Doctor of the Day, and some health benefits), those delivered by external health care providers (such as hospitals), those funded by FNHA (such as care provided in First Nations community health centres, Pacific Blue Cross, and Pharma Care Plan W).

E-mail: quality@fnha.ca

Website: <https://www.fnha.ca/about/governance-and-accountability/compliments-and-complaints>

Interior Health Patient Quality Care Office

This office acts as the central access point for complaints that are not addressed at the service delivery level. The office will formally register the complaint, work with you to identify a reasonable resolution, and provide you with a response to the complaint and an explanation about any decisions and actions taken.

Phone: 1-877-442-2001 ext. 1

Fax: 250-870-4670

Email: pcqo@interiorhealth.ca

Website: www.interiorhealth.ca

INDIGENOUS PROGRAMS

LOWER MAINLAND

Helping Spirit Lodge Society

Helping Spirit Lodge Society provides therapeutic interventions to support women moving through trauma, including counselling, acupuncture, and massage. This organization primarily helps Indigenous women and children but does not close its doors to others.

Phone: 604-874-6629

Email: reception@hsls.ca

Kilala Lelum

Nurses, social workers, and community liaison workers provide daily support and outreach to marginalized members. Support includes medication outreach visits with members, food security deliveries, as well as case management. Case management involves assessment, planning, facilitation, evaluation and advocating for services to meet an individual's holistic healthcare needs. An interprofessional team addresses the underlying causes of trauma and supports emotional, psychological, cognitive, and behavioural health and wellness.

Address: 626 Powell Street, Vancouver, British Columbia, V6A 1H4

Phone: 604-620-4010

Email: info@uihhc.ca

Website: kilalalelum.ca/clinics-programs/programs/case-management/

Coastal Family Resource Coalition

The coalition develops capacity on the West Coast to address the needs of children, youth, families, and communities. It works to improve communications and networking between service providers, agencies, communities and funders through its resource and service directory.

Website: coastalfamilyresources.ca/locations/ucluelet?page=1

Lu'ma Support Services

Lu'ma has developed, owns, and manages more than 550 affordable housing units. Lu'ma offers a wide range of programs and services that aim to alleviate poverty, improve the overall health of the urban Indigenous community, and respond to the evolving needs of Indigenous Peoples.

Address: 2960 Nanaimo Street Vancouver, BC, V5N 5G3

Phone: 604-876-0811

Website: www.lnhs.ca

- Medical centre
- Native housing
- Youth mentorship

YOUTH

Urban Native Youth Association

Wrap around, culturally appropriate services for Indigenous youth ages 11-30.

Services: Native Youth Health & Wellness Centre, mediation, Aboriginal Outreach Team, Young Bears Lodge (substance use treatment), clinical counselling, employment training, alternative education, Jordan's Principle, Two-Spirit programming, mentorship, recreation, art.

Address: 1618 East Hastings, Vancouver, BC

Phone: 604-254-7732

Email: info@unya.bc.ca

Website: unya.bc.ca

Aboriginal Youth Empowerment Program

The program provides emotional support, outreach, cultural connections, resource information and referrals to Aboriginal-identified youth who are survivors of crime and trauma.

Program features:

- Emotional support, counselling, and referrals
- Prevention/intervention programming
- Cultural awareness and connections

The program also helps navigate the judicial system by accompanying youth attending legal matters, court dates, probation, police, and family matters.

Hours: Monday - Friday, 2:00PM - 6:00PM

Referral: Referrals can be made by individuals or service providers.

Phone: 604-709-5720

Email: info@pcrs.ca

Website: pcrs.ca/ayvs/

Broadway Youth Resource Centre

The BYRC is a one-stop youth centre that provides a wide range of social, health, education, employment, and life skills services to youth.

Address: 2455 Fraser Street, Vancouver, British Columbia, V5T 1T1

Phone: 604-709-5720

Email: byrc@pcrs.ca

Website: pcrs.ca/service-resource-centres/broadway-youth-resource-centre-2/

FUNDING SUPPORT

Jordan's Principle – Youth

Jordan's Principle responds to unmet needs of First Nations children no matter where they live in Canada. Funding is available for health needs (transportation to appointments, medical supplies and equipment, mobility aids, mental health services, therapeutic services such as speech therapy, physiotherapy, occupational therapy, addiction services), social needs (social worker, land-based activities, personal support worker, specialized summer camps, respite, or programs based on cultural beliefs and practices), educational needs (school supplies, tutoring services, teaching assistants, specialized school transportation, psycho-educational assessments).

Phone: 778-951-0716

Email: principedejordancb-bcjordansprinciple@sac-isc.gc.ca

Website: www.sac-isc.gc.ca/eng/1568396296543/1582657596387 (see website for other provinces)

Application form: www.sac-isc.gc.ca/eng/1592232608805/1592234588002#secJordan

HOUSING

Helping Spirit Lodge Society

Helping Spirit Lodge Society provides therapeutic interventions to support women moving through trauma, including counselling, acupuncture, and massage. This organization primarily helps Indigenous women and children but does not close its doors to others.

Phone: 604-874-6629

Email: reception@hsls.ca

Lu'ma Support Services

Lu'ma has developed, owns, and manages more than 550 affordable housing units. Lu'ma offers a wide range of programs and services that aim to alleviate poverty, improve the overall health of the urban Indigenous community, and respond to the evolving needs of Indigenous Peoples.

Address: 2960 Nanaimo Street Vancouver, BC, V5N 5G3

Phone: 604-876-0811

Website: www.lnhs.ca

Okanagan Métis and Aboriginal Housing Society

The Society's mandate is to develop and maintain affordable and comfortable rental housing units, integrated within the urban communities of the Okanagan. The major objective is to make affordable rental housing available for all households (native and non-native people) of low and moderate income.

Phone: 250-763-0112

Email: omahs3@telus.net

Housing application: omahs.ca/application

Kamloops Native Housing Society

Address: 742 Mount Paul Way, Kamloops, BC

Phone: 250-374-1728

Website: www.ahma-bc.org/list-of-aboriginal-housing-providers

Cariboo Friendship Centre

The Cariboo Friendship Centre offers affordable rentals and low-income options for apartments, townhouses, and detached housing.

Address: 99 South Third Avenue, Williams Lake, BC V2G 1J1

Phone: 250-398-6831

Website: www.ahma-bc.org/list-of-aboriginal-housing-providers

Dakelh & Quesnel Community Housing Society

The society's mission is to provide safe, secure, and affordable housing to all, including marginalized individuals of First Nations, Metis and Inuit ancestry and the wider community in the Quesnel area including low- to moderate-income families, individuals, elders, persons with barriers and persons with disabilities.

Address 100-744 Front Street, Quesnel, BC V2J 2L1

Phone: 250-992-3306

Website: www.dqchs.org

Housing application: www.dqchs.org/apply

Kekinow Native Housing Society

Kekinow Native Housing Society provides safe, healthy, and affordable housing for Indigenous people in the Lower Mainland.

Address: 1014-7445 132nd Street, Surrey BC V3W 1J8

Phone: 604-591-5299

Fax: 604-591-5112

Website: kekinow.ca

Mamele'awt Qweesome Housing Society

MQHS is a non-profit housing society that provides a range of housing options for residents of the Fraser Valley region of British Columbia.

Address: PO Box 3563 Mission BC V2V 4L1

Phone: 604-820-3324

Fax: 604-820-2175

Website: mqhs.ca

Application: mqhs.ca/apply/

To'o Housing Society

Address: PO Box 3563 Mission BC, V2V 4L1

Phone: 604-820-3324

Dawson Creek Native Housing

Address: 10425 10 Street Dawson Creek, BC V1G 3T8

Phone: 250-782-1598

Fort St. John Housing Society

Address: 10233 100 Avenue, Fort St. John BC V1J 1Y8

Phone: 250-785-0612

Fax: 250-785-4047

Aboriginal Housing Society of Prince George

Address: 1919 17th Avenue Prince George BC V2L 5R2

Phone: 250-564-9794

Fax: 250-564-9793

Email: info@ahspg.ca

Apply here: www.ahspg.ca/housing/online-housing-application/

Aqanttanam Housing Society

The Aqanttanam Housing Society provides suitable affordable housing for low-income households, primarily of Indigenous ancestry, providing a foundation to achieve stability, pride, and an opportunity for growth.

Address: Unit 1 2220 2nd Street South Cranbrook BC, V1C 1E1

Phone: 250-417-3774

Apply here: www.aqanttanam.ca/apply/

Conayt Friendship Society

Address: 2164 Quilchena Avenue PO Box 1989, Merritt, BC V1K 1B8

Phone: 250-378-5107

Email: executiveassistant@conayt.com

Website: www.conayt.com/housing/

OUT-OF-PROVINCE

ONTARIO

Indigenous health and professional organizations

Website: shs.mcmaster.ca/resources/indigenous-health-professional-organizations