

**Ts'ewultun Health Centre and  
Hul'qumi'num Territory  
How can we help?**

Current Programs available

- Healthy Families
- Elders Program
- Child and Youth Services
- Mental Health —  
Kwun'atsustul Counselling
- Patient Transportation
- Infant Development Program
- Early Childhood Program
- Cultural Education
- Maternal and Child Health
- Dental Program
- Food Basket (once/month)
- Native Sobriety Group
- Residential Support Group
- Men's Support Group
- Women's Wellness Group

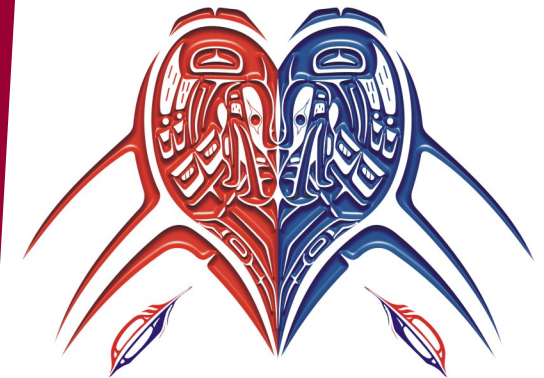
For More Information, see  
[www.cowichantribes.com](http://www.cowichantribes.com)

For more information, see  
Island Health Aboriginal website  
<https://www.islandhealth.ca/our-services/aboriginal-health-services/aboriginal-liaison-nurses>

**Helpful Contacts:**

- Cowichan District Hospital 250-737-2030
- Ladysmith & District Hospital 250-739-5777
- Royal Jubilee Hospital 250-370-8000
- Victoria General Hospital 250-727-4212
- Jeneece Place 250-479-9908
- Non Insured Health Benefits (NIHB)  
1-800-317-7878
- NTC—Nuu-chah-nulth — Community & Human  
Services 1-888-407-4888
- ITHA (Inter Tribal Health Authority)  
1-877-777-4842 (Vancouver Island Chronic  
Illness Care Project)
- Hiye'yu Lelum (House of Friendship—Duncan  
250-748-2242
- Ts'ewultun Health Centre (Duncan)  
250-746-6184
- H'ulh-etun Health Society (Ladysmith)  
250-245-8551
- Cowichan Valley Home and Community Care  
250-709-3065
- Easter Seal House 250-595-6060
- Wheels for Wellness 250-338-0196
- Red Cross Representative —Paul Sam  
250-995-3506 (Vancouver Island Wide)

**Aboriginal Health  
Liaison Nurse  
Cowichan and  
Surrounding Area**



**Helen Dunlop, RN  
Aboriginal Liaison Nurse  
Cell: 250-709-8204  
Phone: 250-746-6184  
Ext 321**



## **Aboriginal Liaison VIHA Aboriginal Health How can we help?**

- We assist VIHA staff by providing information about First Nations.
- Advocate on behalf of the patient.
- Visit & provide support and information to patient and family members.
- Explain Health Care Issues.
- Assist Social Workers and Case Managers with Discharge planning.
- Refer to community services for continuity of care.
- Help with Physical, Spiritual or Cultural needs.
- Consultations with Doctors, hospital staff, care providers, & community.
- Provide education for hospital staff and communities about Aboriginal Health Issues.
- Provide public relations.
- Provide information on non insured health benefits. (FNIHB)

### **What to expect while in the hospital, or when escorting/visiting family.**

- Bring your BC Care Card & Status Card.
- Check with your Band prior to hospitalization for medical coverage, travel assistance, meals, accommodation guidelines.
- In emergency situations contact your band to arrange for transfer of eligible funding.

#### **Services that are available:**

- One parent/Guardian of child on Pediatric ward may be provided a cot to stay in their child's room, **Excluding meals.**
- A courtesy bed may be available to some breastfeeding mothers on a limited basis.
- Parking is free at both Cowichan and Ladysmith District Hospitals.
- Daily luncheon for Elders at Ts'ewultun Health Centre (Monday—Friday)

#### **CDH Cafeteria hours are limited.**

Monday—Friday - 6:30 am—5:30 pm

Sat-Sun - 7:00 am—2:00 pm

**Open Holidays**

Website - <https://www.islandhealth.ca/our-services/aboriginal-health-services/aboriginal-liaison-nurses>

## **Hospital & Community Liaison Support for Aboriginal People**

**Referrals Welcome  
Aboriginal Liaison Nurse  
Helen Dunlop, RN  
Monday-Friday  
8:30 am - 4:30pm  
250-709-8204**



**Ts'ewultun Health Centre  
5768 Allenby Rd.  
Duncan, BC V9L-5J1**