



Useful Phone numbers

- Golden Medical Clinic: 250-344-2211
- Golden and District Hospital: 250-344-5271 Ext: 0
- Golden Public Health and Golden Mental Health Services: 250-344-3001 Ext:
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- Healthy from the Start: 1-855-868-7710
- Nurses Helpline: 811
- Golden Metis Association: 250-344-0015 or 250-344-0580
 - o Métis Nation Columbia River Society is an inclusive community of Indigenous people who wish you the best on your wellness journey. If you have questions regarding citizenship, would like traditional spiritual support, need help navigating services, or would like the support of caring elders and others, please give us a call
- Invermere Counselling services:
 - o Alana Cotterall - 250-342-8858 or cotterallcounselling@gmail.com
- Golden Counselling services:
 - o Golden Family Centre: 250-344-2000
 - o Nicola Hautala: 778-868-1334
- Elements Therapeutics – Pelvic Floor Physiotherapy: 250-344-6654
- Doulas: (1) 403-352-5206 (2) kat@hightidebirthsupport.ca

*We are not accountable for the information within these resources.