

**Lisa Marie's Schedule  
October & November 2022**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
3  <b>LM at Klahoose SAFEtalk Workshop</b>	4  <b>LM at Klahoose</b>	5
10	11  <b>LM at Klahoose Quick Stress-Reduction Strategies Lunch</b>	12  <b>LM at Klahoose</b>
17	18  <b>LM at Klahoose</b>	19  <b>LM at Klahoose</b>
24	25  <b>LM Unavailable</b>	26  <b>LM Unavailable</b>
31	1  <b>LM Unavailable</b>	2  <b>LM Unavailable</b>
7	8  <b>LM at Klahoose</b>	9  <b>LM at Klahoose</b>

From October 21, 2022 to November 3, 2022 Lisa Marie will be **completely unavailable**. No cellular phone and no email access.

In the event of a crisis, please:

1. Connect with KUU-US Crisis Line
  - a. Adult/Elder – 250-723-4050
  - b. Youth/children – 250-723-2040

2. If you have urgent mental health requests please contact:

Danielle Frost, Coast Salish Hub Clinician: [Danielle.Frost@fnha.ca](mailto:Danielle.Frost@fnha.ca)

3. For counselling and cultural supports, please contact Tsow-Tun Lelum. They can provide and book services over the phone: 1-888-403-3123