

How To Reach Us

Fraser Region Aboriginal Friendship Centre (FRAFCA) Indigenous Health and Wellness Clinic

A101 – 10095 Whalley Blvd.
Surrey, BC V3T 4G1

Tel. 604-283-3293
Fax. 604-528-5409

Email: IPHWH@fraserhealth.ca



Kla-how-eya Indigenous Health and Wellness Clinic

#100, 10233 – 153 Street
Surrey, BC V3R 0Z7

Tel. 604-587-4774
Fax. 604-587-4716

Email: IPHWH@fraserhealth.ca



Hours of Operation

Appointments available
(FRAFCA and Kla-how-eya locations)

Days	Hours
Monday to Friday	8:30AM to 4:00PM

Same Day Appointments
(FRAFCA location only)

Day	Hours
Monday	1:00 to 2:30PM
Tuesday	1:00 to 2:30PM
Thursday	5:00 to 7:00PM

* Hours subject to change

*Acknowledging that
First Nations Health Authority and Fraser Health
provide services within the ancestral, traditional, and
unceded territory of the Coast Salish Nations.*



First Nations Health Authority
Health through wellness

www.fnha.ca



fraserhealth

www.fraserhealth.ca



Indigenous Health and Wellness Clinic



**In Partnership between
First Nations Health Authority and
Fraser Health Authority**

on the traditional territories of Semiahmoo,
Tsawwassen, Kwikwetlem, Katzie,
Qayqayt and Kwantlen First Nations

For more copies: FH Catalogue #266063
April 2020

Our Indigenous Health and Wellness Clinic is open to Métis, First Nations, Inuit and self-identifying Aboriginals.

Is this a doctor's office?

We are similar to a doctor's office.

We connect you with our team of wellness providers, coordinate your care and act as a point of contact if you need specialist care.

Our **Indigenous Health and Wellness Clinic** is a proven approach to improving and managing the health and wellness of people.

Think of us as your 'Wellness Home.'



How are we different?

WE ARE PERSON-CENTRED

You are in charge of deciding what care you wish to receive.

To help you with this, we make sure you have all the information needed to decide.

WE ARE TIMELY

We connect you with the right health professional at the right time.

WE ARE WELCOMING

Our team has special training to make sure you feel welcome and safe.

WE ARE TEAM-BASED CARE

We have brought together a group of wellness professionals. We focus on emotional, mental, spiritual and traditional health. Our team includes an Elder in Residence.

You choose who you are most comfortable to connect with.

What services do we offer?

WE OFFER THE FOLLOWING:

- Medical care
- Help with finding your way through the healthcare and social services systems
- Care and support for pregnant women
- Counselling
- Education on how to manage chronic diseases
- Connect you to specialty care when needed

How do I use the Indigenous Health and Wellness Clinic?

You can connect to our clinic by telephone, email, or walking in to either of our locations.

We ask you to complete a short intake form. This helps us give you holistic and "one stop shop" care.

After your first appointment, you can ask to be a regular client of our clinic.