
Wellness Centre at Belmont: Monday to Friday 0830-1600

250-519-3580

Reception- Mon, Tue, Thu, Fri 0830-1600

Ashley Birtwistle- greets students and youth when they enter the centre. She will help students determine the best person to see. Ashley maintains the day to day aspects of running the centre. She maintains the calendar for the staff at the Centre.

Public Health Nurses- Monday-Friday 0830-1600

Kate Wright Lead PHN- will see students for health concerns and contraceptive management, she will make referrals to other health practitioners or counsellors in the Centre as needed.

Rhonda Wylie PHN-will provide the same care as described above, but Rhonda is also the school nurse for Belmont and will be facilitating the School Based Immunization Clinics. She will work on Comprehensive School health with students and teachers. Rhonda will also be providing service at the WSHU (immunization clinics and support groups).

Nurse Practitioners-Jo Rippin NP-Mondays 0900-1300

Lynn Guengerich NP-Thursdays 0900-1200

The NPs will see students and youth for any health concerns whether physical, mental, emotional, or sexual. The nurse practitioners are able to prescribe many types of medications and birth control/contraceptives. Nurse practitioners can order diagnostic tests; lab work, X-rays, CT scans, and MRI scans. Referrals can be made by the NP to specialists and specialty programs. The NP is able to work with the Mental Health and Substance Use Counselor in managing medications.

Doctor- Dr. Marni Brydon MD-Tuesdays 01130-1500

The doctor at the Wellness Centre will provide health care services on a weekly basis. She is able to see students and youth for any health concerns they have, she is able to consult about sexual, physical, mental, and emotional health. Referrals will be made as needed to specialists or specialty programs.

Mental Health and Substance Use Counsellor- Jordie Allen-Newman is at the Centre on Monday, Tuesday. He is available by appointment and drop-in, please contact reception for more information.

Child and Youth Mental Health/Ministry of Children and Family Development- Fiona Pasay is at the Centre on Wednesday afternoons, please contact the Westshore Child and Youth Mental Health at 250-391-2223 for more information about the Walk-In Intake Clinic or contact the Wellness Centre at Belmont for further information about services available at the Wellness Centre