



Wellness Society

ASKWELLNESS.CA

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Newsletter

April 2021 Edition

The ASK Wellness Society is a non-profit organization operating in the B.C. Interior offering services in Kamloops, Merritt, and Penticton. The Society works with our community's most disadvantaged and under-served citizens to walk with them on their path to wellness while also enriching the community by reducing stigma and collaborating with other service providers, government, and the public.

This monthly newsletter is designed to share some of the stories from our clients, staff, and programs. We so often hear about the negatives in our communities when it comes to homelessness, addiction, and mental health issues, so let these stories be a chance to share and learn about the positives that come from the work we do here at the ASK Wellness Society.

ASK News and Stories



April marked the 5th anniversary of the Province of BC declaring the opioid overdose epidemic a public health emergency. To mark this somber milestone, *Moms Stop the Harm* and *Addiction Matters Kamloops* organized the “Lost Souls” with support from the ASK Wellness Society and many other community partners. The event was at Riverside Park in Kamloops and included the display of 2019 pairs of shoes representing the lives lost in Kamloops during the past five years. Of the shoes used for the display, 70 pairs were then donated to the ASK Wellness Society SHOP program.

For more on the event, [click here](#).

For more on Moms Stop the Harm, [click here](#).

For more on Addiction Matters, [click here](#).

For more on the ASK Wellness Society SHOP



Brenda Major has been a member of the ASK Wellness Society family in Merritt for two years. In that time she has been able to use her own personal and family history to help guide people battling addiction towards a healthier and more stable lifestyle.

To learn more about Brenda and the ASK Wellness Society Adult Addictions Supportive Housing program in Merritt, [click here](#).

Community News and Support



The ASK Wellness Society Health Navigation team has been spearheading an initiative to spend a couple hours every Friday cleaning up different part of Kamloops, including Vicars Rd, Columbia St, and Schubert Dr. Since February, they have removed 117 garbage bags of trash from city streets! Inspired by this effort, other teams at the ASK Wellness Society will be taking part in what we are calling “20 Streets in 20 Days” as we attempt to remove waste from 20 city streets in the month of May.

Choosing to recycle metal over mining can actively help reduce greenhouse gas emissions, use less energy, and conserve natural resources. Richmond Steel Recycling – Kamloops’ metal recycling bin allows people to drop off small amounts of steel that are not worth weighing. The collective steel is then weighed up over the month and the money is donated to local charities and non-profits. This month, ASK Wellness Society was the lucky recipient of this generous donation!

[Check out their website here.](#)

In Penticton this past month we have seen what a community rallying around the less fortunate members of their community can look like! A man and his dog who were living on the street were gifted an RV following a campaign funded by Pentictonites. [See the full story here.](#)