

Dear Practitioner,

[Yvonne Poulin](#), a long-standing RMTBC member was working in her clinic located in the hospital in Tumbler Ridge, BC when the high school shooting tragedy occurred on Feb 10, 2026.

The next day Yvonne set up a temporary location away from reporters' reach to do relaxation massage on high school teachers and first responders. It was clear she needed a larger space to treat the community who had either been directly or indirectly affected by this tragedy in their small town.

In the meantime, her friend [Irina Civindino](#), acupuncturist from Grande Cache Alberta knew she had to do something. She had been providing mobile acupuncture clinics in Tumbler Ridge over the past 3.5 years, and cared deeply for her clients. Fortunately, she was already trained by [Acupuncturists Without Borders](#), (AWB), had all the supplies ready from running her own mobile practice, and knew enough people locally to help get a community acupuncture pop-up clinic off the ground.

Together, Yvonne and Irina found a venue and created the Tumbler Ridge Community Healing Space where locals receive FREE 20-minute acupuncture and/or relaxation massage in a quiet, open-spaced setting. This grassroots initiative is focused on providing accessible, trauma-informed care to residents during a difficult time.

As of Feb 26, 2026, over 150 free treatments have been provided. The Community Healing Space is a great success thanks to friends, vendors, the community, and especially AWB.

The goal is to keep the space open until the end of March 2026 – or longer.

Are you able to volunteer in this effort to support Tumbler Ridge residents?



Photos from the first few days of the pop-up clinic in Tumbler Ridge.

Efforts are also underway to secure funding to cover volunteers' gas mileage, food, and accommodations. A local Tumbler Ridge catering company has generously committed to providing lunch and dinner for practitioners. If sufficient funding is raised, we will start offering practitioners \$120 per 4-hour clinic shift (please note this cannot yet be guaranteed). Currently, Irina has been in communication with 4 other practitioners who may be able to help. She would like their out-of-pocket expenses to be covered. She would also like to be able to offer a small gift of thanks to each volunteer.

Tumbler Ridge is remote and under serviced, with only 2 local massage therapists there. All other practitioners have to travel to get there, and this is why donations make a big difference for those practitioners travelling here.

This is an opportunity to stand in solidarity with Tumbler Ridge and offer meaningful care to those affected. For those who join this work, Acupuncturists Without Borders will provide a training manual and a 1-hour preparatory video to support volunteers.

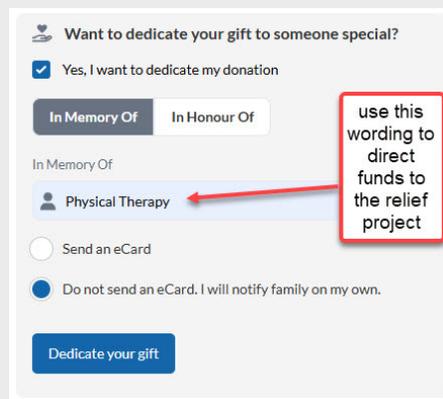
If you would like to get involved, please call Irina directly at 780-228-0879 or email at irina@sproutacupuncture.ca. If you know any BC registered RMT's who may be interested in volunteering, please forward this information to them as well.

If you are unable to offer your time, but would like to make a donation to support this initiative in Tumbler Ridge, please click the button below (Note - you will receive an Official Donation Receipt for Income Tax Purposes with your donation):

[Support Acupuncture Efforts in Tumbler Ridge](#)

Note: You will be directed to the "Donation" page on the Tumbler Ridge Library's website. The Tumbler Ridge Library is a registered non-profit with Charity status. They have kindly offered to accept donations and transfer the money to Irina and her team to support this initiative. When you open the page, please do the following:

1. Select "Yes, I want to dedicate my donation."
2. Choose "In Honour Of"
3. Enter "Physical Therapy"



The screenshot shows a donation form with the following elements:

- Question: "Want to dedicate your gift to someone special?"
- Selected option: "Yes, I want to dedicate my donation"
- Buttons: "In Memory Of" and "In Honour Of" (the "In Honour Of" button is selected)
- Text input field: "In Memory Of" with the text "Physical Therapy" entered.
- Radio buttons: "Send an eCard" and "Do not send an eCard. I will notify family on my own."
- Button: "Dedicate your gift"
- A red box highlights the text "Physical Therapy" with a red arrow pointing to it. A text box next to the box says "use this wording to direct funds to the relief project".

The keywords "Physical Therapy" are essential to the library knowing which funds to direct toward Irina. If you make a donation and would like a copy of the Impact Report at the end of the project, please email Irina.

Tragedies are devastating and, though we hope to avoid them, they do occur. In those moments, it's inspiring to see our practitioner community step forward. We commend Irina and Yvonne for the work they've begun and share this to encourage you to contribute—through your time, a donation, or by connecting with [Acupuncturists Without Borders](#) to learn more. If you're in another health profession, consider seeking out similar organizations to discover how you can help when it's needed most.

Sincerely,

RMTBC, or Yvonne Poulin, RMT