



Primary Care
Network

Abbotsford

Primary Care Network

2026



Family Practice Services Committee



Primary Care Network

Primary Care Networks, or PCNs, are part of the movement to bring team-based care to the heart of primary care. They connect family physicians and nurse practitioners to a broader collection health professionals and community providers, each using their unique strengths to support the specific needs of individuals and communities. PCNs seek to “share to load” of primary care, increasing attachment and access to all people living in the region. By bringing together health care providers into inter-disciplinary teams, PCN supports a comprehensive, coordinated, and integrated experience for patients and providers.

Abbotsford’s PCN will be expanding, proudly hosting three regional primary care networks while working to integrate services within and between them.

We acknowledge that Abbotsford Primary Care Network is housed on the traditional and unceded lands of the Semá:th and Máthxwi First Nations, which also serves as the lodging home of the Fraser Valley Métis Association. We are honoured to live, work, and play on this land. We commit ourselves to a lifetime of learning, so that we may live in good faith alongside those who have always been here and still remain.



Welcome to PCN

A message from the PCN Management Team

The Abbotsford PCN is a collaborative partnership between the Abbotsford Division of Family Practice, Fraser Health, the First Nations Health Authority, and Doctors of BC. Together, our goal is to strengthen primary care by supporting patients, providers, and practices through team-based care.

As part of the Abbotsford PCN Leadership team, we work closely with physicians, clinics, and community partners to foster collaboration, support integration, and ensure allied health professionals are well-supported as part of your clinic team.

Your decision to join the PCN reflects a shared commitment to improving healthcare in Abbotsford. As we continue this journey, your expertise will play a vital role in shaping how we support patients, providers, and the broader community.

If you ever have questions or need support, please don't hesitate to reach out. Our team is here to ensure you feel supported and connected. We look forward to working alongside you as part of the PCN.

Jasmine Sekhon & Sheryne Power

Jasmine Sekhon

PCN Director

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PCN Manager

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Guiding Attributes

The Province has identified ten core attributes that guide PCN

1

Longitudinal Care

Everyone in a PCN is attached to a provider or enrolled to a clinic where they can receive longitudinal care

2

Coordinated Care

All parts of the healthcare system, including community, facility, and specialized care, are coordinated to facilitate ease of access

3

Timely Access

Episodic or longitudinal primary care can be accessed within 24 hours for urgent conditions, and within 7 days for non-urgent services

4

Extended Hours

Primary care services are available in-person on evenings, weekends, and statutory holidays, and after-hours virtual services are available

5

Comprehensive Care

Access to full-range care, including for screening, diagnostic, and treatment services, is available across a variety of clinical settings

Guiding Attributes

The Province has identified ten core attributes that guide PCN

6

Team-Based Care

Providers of different services, scopes, and professional backgrounds are connected to create integrated interdisciplinary teams across the PCN

7

Population Health Promotion

Primary care teams work to support community health by improving population health outcomes in collaboration with other community groups

8

Digital Enablement

Continuity of care is supported by the use of technology, as is technological innovation to improve care

9

Culturally Safe Care

Care is rooted in cultural humility, with respectful acknowledgement of unique cultural needs and emphasis on truth and reconciliation

10

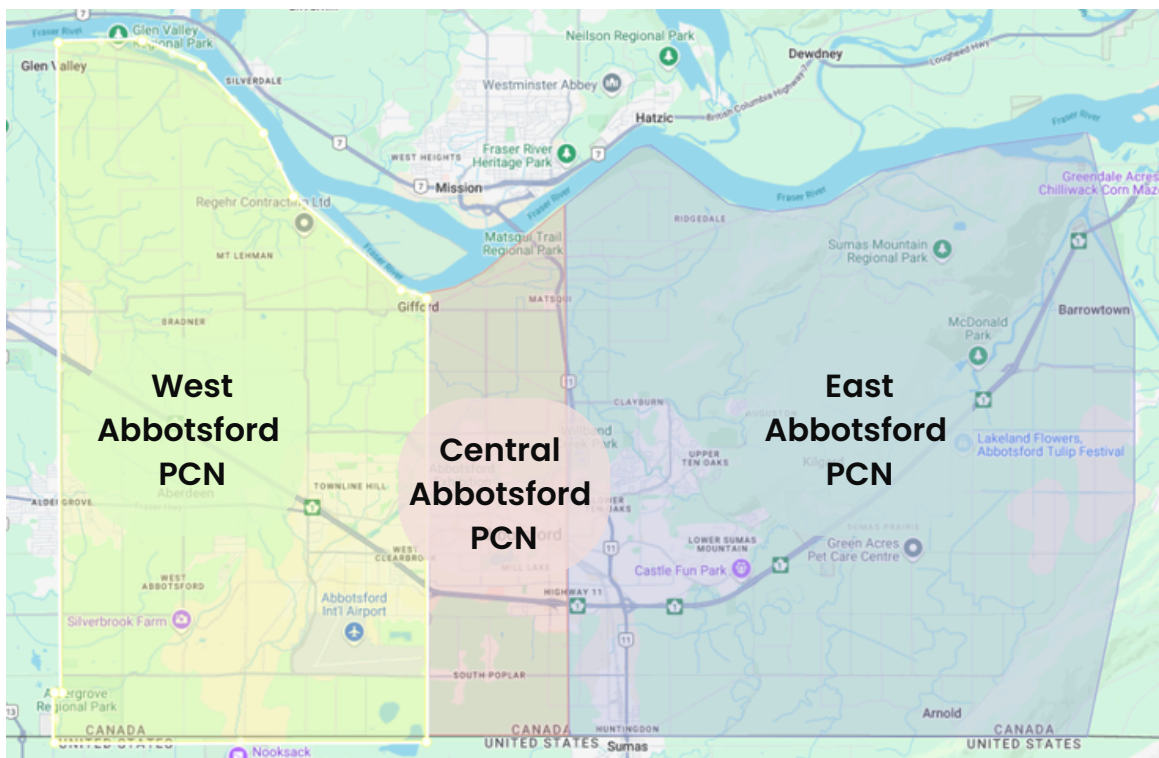
Equitable Access

Systematic barriers to access are dismantled, such that health and wellbeing can be supported in all people living in the community

Service Areas

Creating Abbotsford's Primary Care Networks

Home to around 155,000 people, the health challenges faced by the people of Abbotsford are as diverse as the population itself. Abbotsford has been zoned into three PCN regions: Central, East, and West. Within each region live people of all socioeconomic levels, in rural and urban homes, some of whom are new to Canada, some who have lived here for a few generations, and some who have lived on this land from time immemorial.



Service Areas

West Abbotsford PCN

272nd Street to Clearbrook Rd

68,000 residents

6 medical offices

Home of the
Máthxwi, or
Matsqui, First
Nations

Highest
number of
newcomers to
Abbotsford

Central Abbotsford PCN

Clearbrook Rd to Gladys Rd

32,000 residents

24 medical offices

ARHCC, UFV
and 3 prison
facilities
located here

Highest rates
of lifestyle
related chronic
disease

East Abbotsford PCN

Gladys Rd to Boundary Rd

54,000 residents

6 medical offices

Home of the
Semá:th, or
Sumas, First
Nations

Highest income
disparity and
highest rates of
homelessness

Allied Health Providers



Hannah Gray
Registered Dietitian

Hannah has experience supporting clients with various acute and chronic conditions, including diabetes, dyslipidemia, eating disorders, and digestive disorders. As part of Abbotsford PCN, she is committed to delivering evidence-based nutritional care to support the health and well-being of the community.



Ashley Brown
Registered Social Worker

Ashley has experience working in acute care settings, as well as working as a Substance Use Clinician for the Substance Use Services Access Team (SUSAT). Advocacy, reducing barriers, and promoting the social determinants of health is of great importance to her practice.



Adam Alguire
Cultural Advisor

Adam (he/him) brings a wealth of experience in leadership, program management, and community engagement. He has worked with Indigenous communities with strong background in supporting individuals with complex needs. A member of the Canadian Association of Spiritual Care, he brings deep expertise in crisis management, mental health programs, and holistic, client-centered approaches.

Allied Health Providers



Kevin Cadiogen

Chronic Conditions Nurse

Kevin is a registered nurse with experience at hospitals across the province. He works closely with patients and their families to develop and implement care plans across a variety of conditions. He is a compassionate care provider and looks forward to working with the patient community in Abbotsford.



Jacqueline Ming

Clinical Pharmacist

Jacqueline is a Certified Diabetes Educator and has a general interest in chronic disease management. She has experience working in primary care, working with clients to improve health literacy and supporting them with making informed health care decisions.



Alex Assumption

Clinical Pharmacist

Alex has worked in a variety of clinical roles in community that have included leading initiatives for point of care testing, collaborating with ACT psychiatric teams and mobile medication management clinics. Since 2021 he has worked on a variety of acute units, with a clinical focus on chronic disease management.

Allied Health Providers

Registered Clinical Counsellors



Imraan Gazdar

Imraan has over 10 years of experience supporting individuals through counselling in diverse settings, specializing in helping clients navigate anxiety, depression, grief, and abuse using various therapeutic approaches. He takes a holistic view of each client, considering bio-psycho-social-spiritual-cultural factors, and offers a safe, non-judgmental space for healing.



Jessica Kurucz

Jessica has over 10 years of experience supporting individuals in various settings, specializing in helping clients navigate anxiety, depression, life transitions, gender issues, relationship stressors, and grief. Jessica strives to create a non-judgemental, anti-oppressive space for clients where they can process the confusing, overwhelming and/or painful parts of their lives.



Mahshad M. Noori

Mahshad is a psychotherapist with a PhD in Psychology. She has been working on many research projects about Health and Wellness for many years with a strong background in education and supporting individuals, youths, and families. The knowledge of Yoga is always an integral part of her practice and personality.

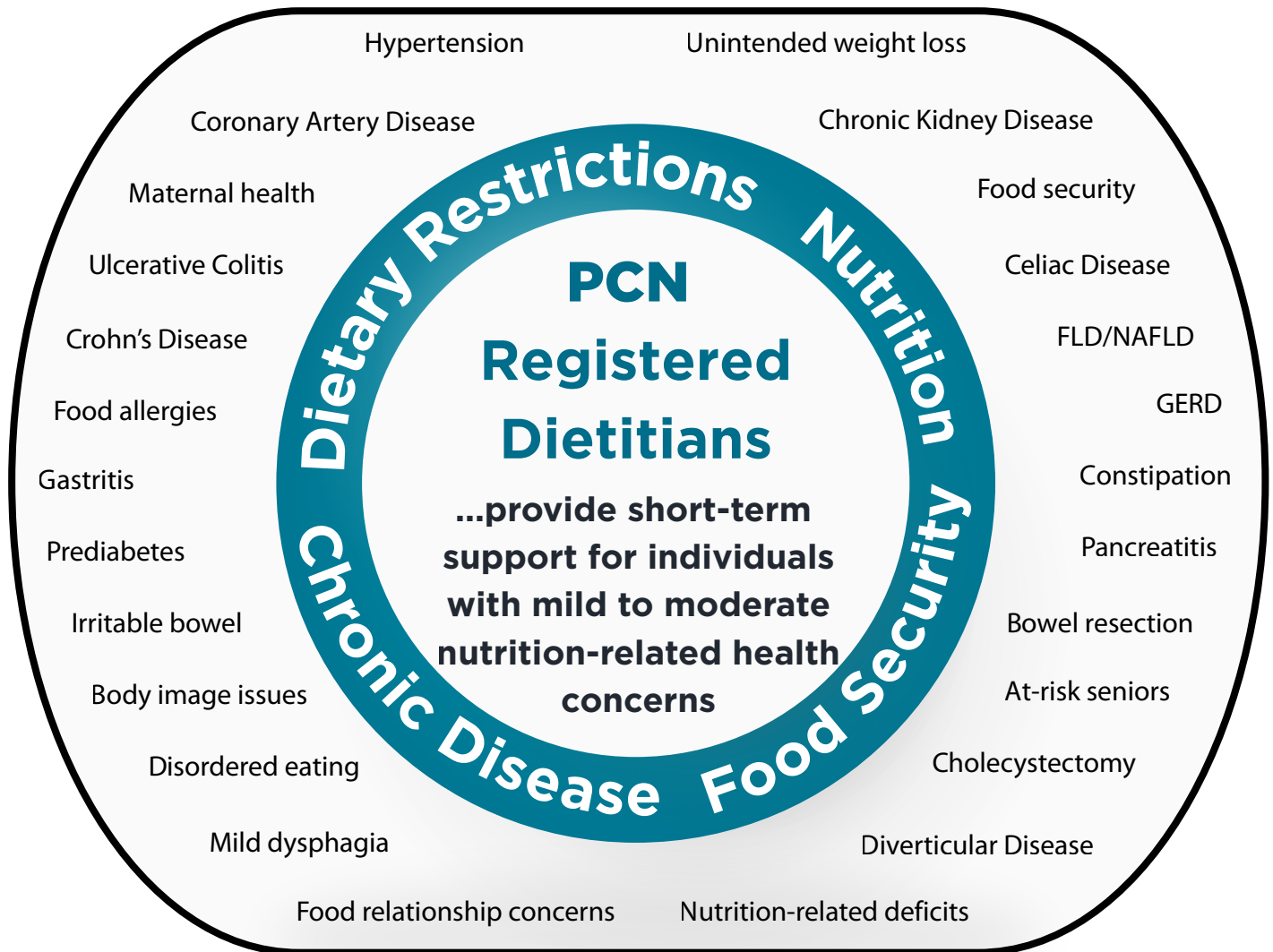
Social Work Services



Referral Limitations

- Must be attached to an Abbotsford FP
- Non-urgent concerns
- Non-severe MH acuity
- Not attached to other social work services
- Without concerns of abuse or neglect

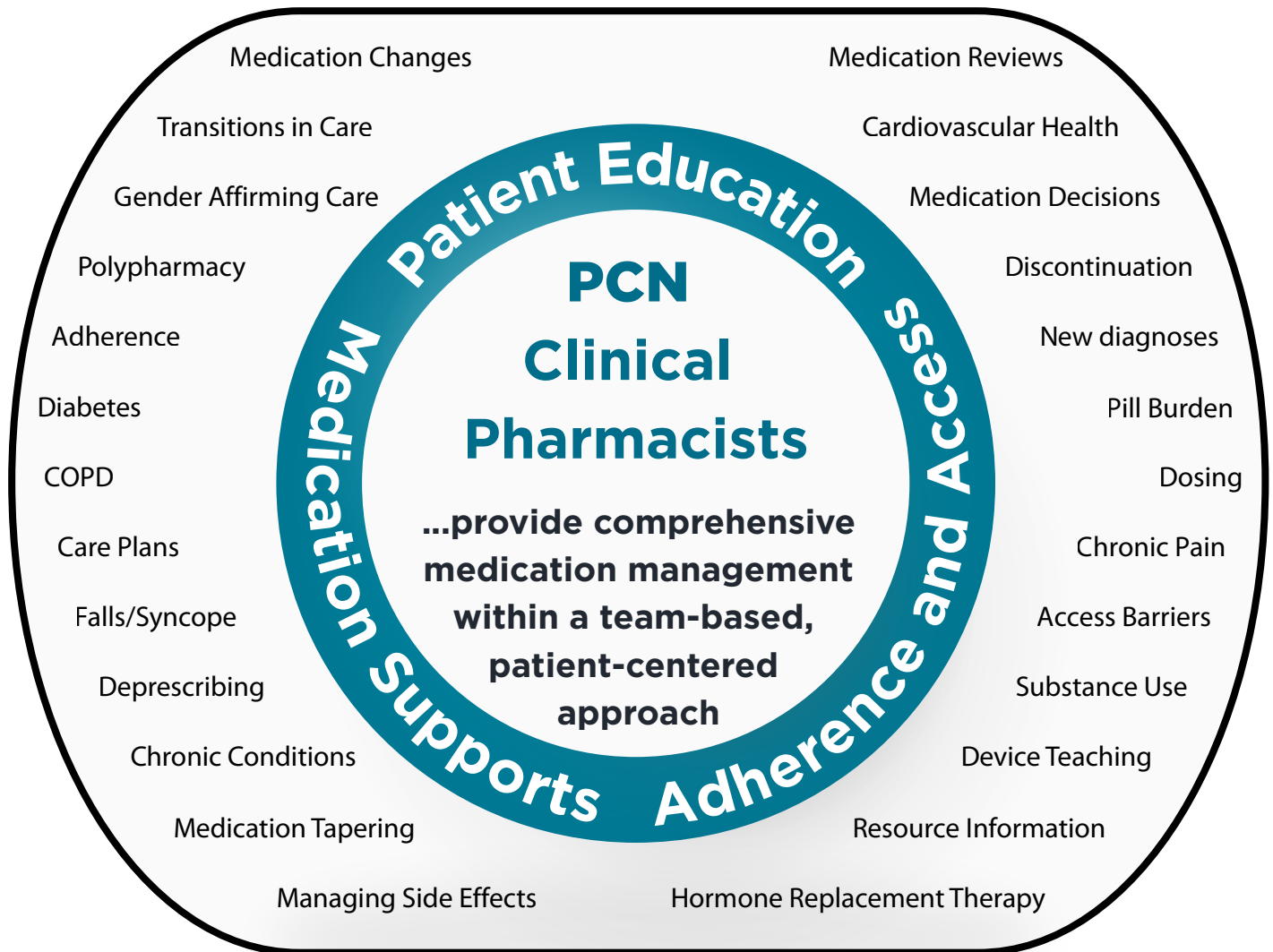
Nutrition Services



Referral Limitations

- Over 12 years of age
- Attached to an Abbotsford FP
- Non-urgent concerns
- Concerns other than weight loss without related comorbidities
- Without other benefits

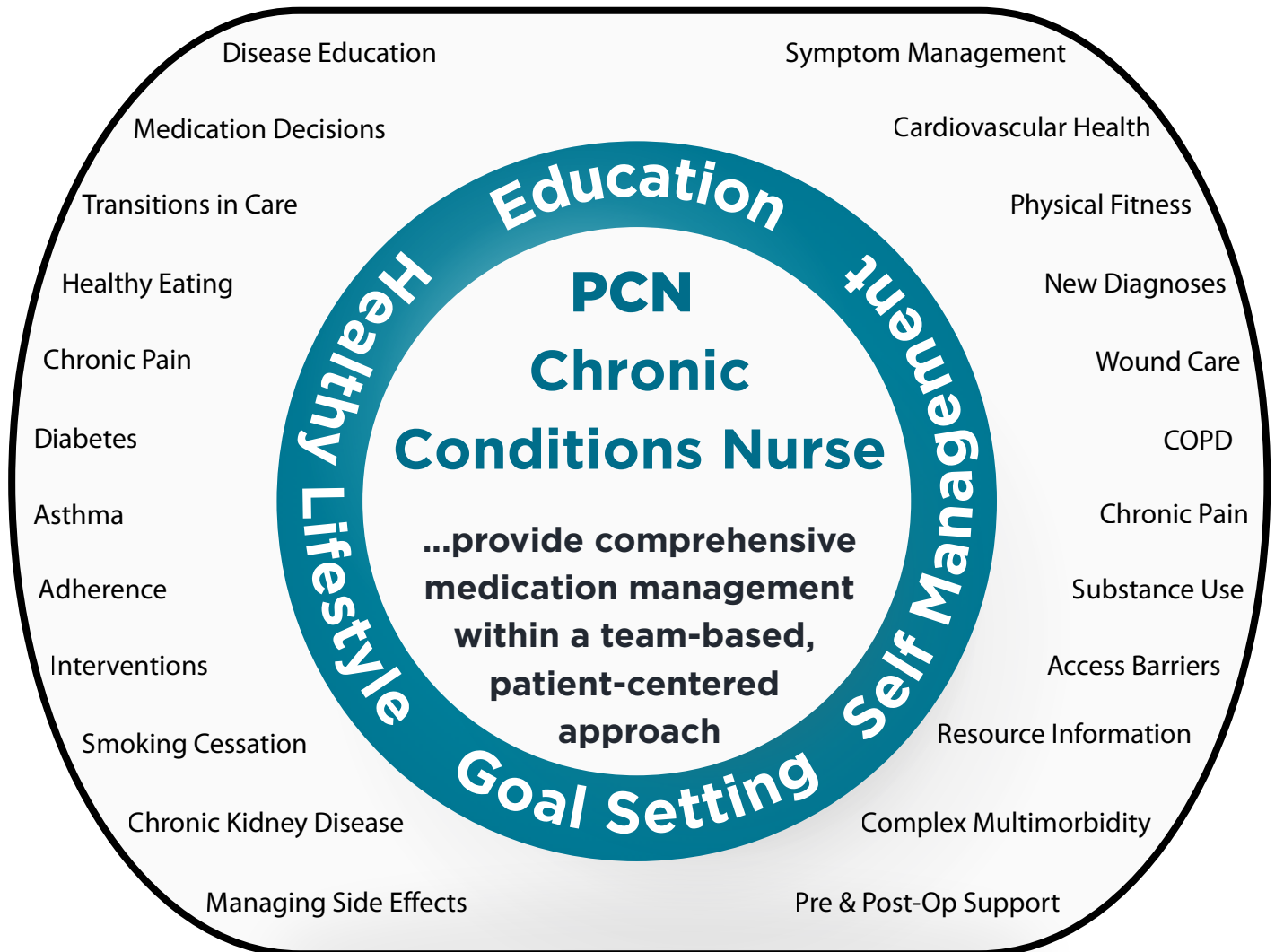
Pharmacy Services



Referral Limitations

- Over 19 years of age
- Attached to an Abbotsford FP
- Non-urgent concerns
- Unable to dispense or administer medication
- No home visits
- Without other benefits

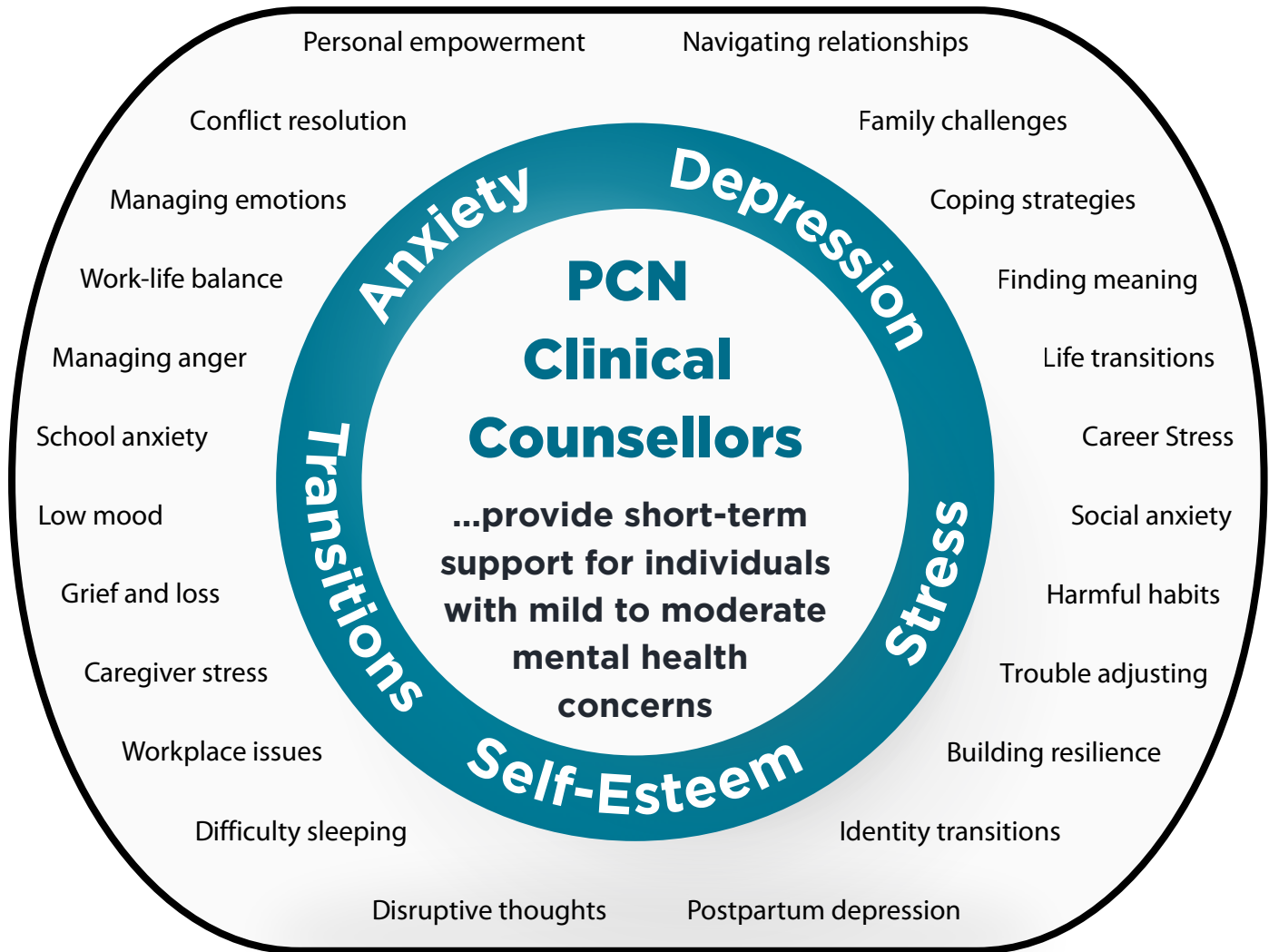
Chronic Conditions Nursing



Referral Limitations

- Over 19 years of age
- Attached to an Abbotsford FP
- Without other benefits
- No home visits
- Non-urgent concerns

Counselling Services



Referral Limitations

- Over 12 years of age
- Must be attached to an Abbotsford FP
- Non-urgent concerns
- Non-severe MH acuity
- Not attached to other MH services
- Without other benefits



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Contact Us



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fraserhealth