

EMPOWERING NATIVE WELLNESS

Happy New Year!

Stitch to Wellness

JOIN US FOR STITCH PROJECTS WHILE DISCUSSING:

JANUARY 8TH
GOAL SETTING

JANUARY 15TH
POSITIVE OUTLOOK

JANUARY 22ND
GUEST SPEAKER:

JANUARY 29TH
CLOSET CLEAN OUT/DONATIONS

OPEN TO THE COMMUNITY | WEDNESDAYS | 12-3PM

INDIAN HEALTH COUNCIL, INC.
DREAMWEAVER ROOM (Bldg. B)



For More Information call
Marisa 760-749-1410 x5323
Funded by County of San Diego
HHSA Mental Health Services Act

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