



EMPOWERING NATIVE WELLNESS

STITCH TO WELLNESS

Bringing the community together to craft and stitch projects while discussing:

November 13

Alzheimer Awareness
Month (Wear Purple!)

November 20

Mobile Mental Health Support
(Bring your devices!)

December 4

Guest Speaker BHS

WEDNESDAYS 12-3PM
INDIAN HEALTH COUNCIL, INC.
DREAMWEAVER ROOM (BLOG. B)



OPEN TO THE COMMUNITY

FOR MORE INFORMATION CALL

MARISA 760-749-1410 X5323

FUNDED BY COUNTY OF SAN DIEGO

HSA MENTAL HEALTH SERVICES ACT

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