

TUCSON INDIAN CENTER PRESENTS

Talking Circle 2024

What is self care?

Healthy Relationships

Let's talk about myself



Building a support system

Belonging

Coping with family and addiction



Would you like more information?

Contact us.

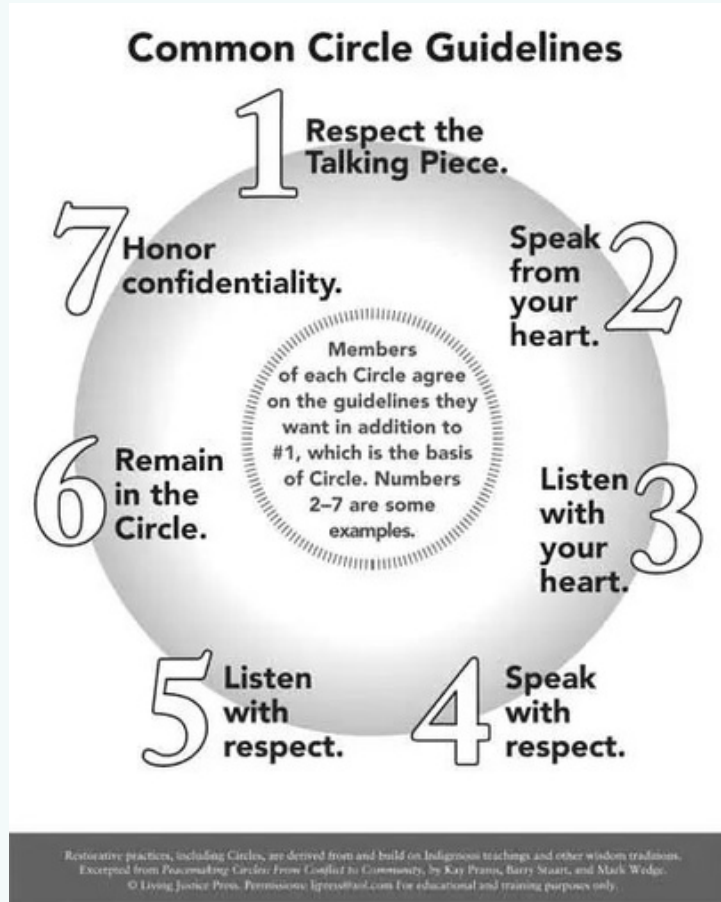
Alyssa Dreiling & Misty Castro

(520) 884-7131

suicide.prevention@ticenter.org

Why a talking circle?

Talking circles can be used for discussion, problem solving, and/or decision making. The basic purpose of a talking circle is to create a safe, non-judgmental place where each participant has the opportunity to contribute to the discussion of difficult and/or important issues.



- February 14, 2024
- March 13, 2024
- April 24, 2024
- May 18, 2024
- June 12, 2024
- July 10, 2024



- August 14, 2024
- September 25, 2024
- October 16, 2024
- November 6, 2024
- December 18, 2024

Talking Circle will be offered once a month from 9-11 a.m. at the Tucson Indian Center on the 2nd floor. This talking circle is for 18 years or older.