



TUCSON INDIAN CENTER

NATIVE WELLNESS VOICE

August 2025

Vol. 45

ISSUE 8

WWW.TICENTER.ORG



**Office is open
8:00am to 5:00pm,
Monday-Friday**

**The Tucson Indian Center has
started a podcast. Our first two
episodes are out on Spotify,
Apple and YouTube.**

<https://tinyurl.com/TICpodcast>

Welcome to the Tucson Indian Center Newsletter!

It feels like we just started this year but yet here we are welcoming the month of August. As summer begins to wind down and comes to an end, a new season approaches and with it, we find ourselves preparing for the return of school routines, fresh goals, and exciting possibilities. The sun will start to set a little earlier and hopefully the warmer days will start to shorten, as we find ourselves in a season of reflection and preparation.

The month of August has numerous awareness campaigns, that include the National Immunization Awareness, Don't Be a Bully Month, World Cancer Support Month, Children's Eye Health and Safety, National Breastfeeding Month, Psoriasis Action Month, Spinal Muscular Atrophy Awareness Month, and Summer Sun Safety Month just to name a few.

Now is the perfect time to get back on track and start preparing for the new school year ahead. August is an extremely exciting month and full of opportunities for our family and friends to come together. With exciting events just around the corner, the Tucson Indian Center is delighted to invite you, your family, and friends to join us.

- GONA
- QPR Training
- Mindful Pages Book Club

(See page 6 and our website for further information.)

With each initiative and event, that we host, our hardworking staff continues to serve with purpose always guided by the Tucson Indian Center's mission to uplift and support you and our community.

Please do not forget to check our website <https://www.ticenter.org/> like and follow us on social media to keep up and stay informed of upcoming community events, announcements, and other important information.

Tik Tok:
<https://www.tiktok.com/@tucson.indian.center>

Facebook:
<https://www.facebook.com/tucsonindiancenter/>

Instagram:
<https://www.instagram.com/tucson.indian.center/>

Jacob Bernal/Executive Director

In this newsletter you can expect:

Page 1.
Executive
Director
Updates

Page 7.
TIC Series to
Attend

Page 2.
Updates &
Uplifts

Page 8.
TIC Services
Updates

Page 3.
Health Services

Page 9.
TIC Activities
Update

Page 4.
TIC Highlights

Page 10.
Hope for Life

Page 5.
Let's take a
look at what's
happened

Page 11.
TIC Staff

Page 6.
Upcoming
Events

Page 12.
Reminders &
Announcements

Updates & Uplifts

On behalf of the Tucson Indian Center, I hope this message finds you and your loved ones healthy, safe, and well.

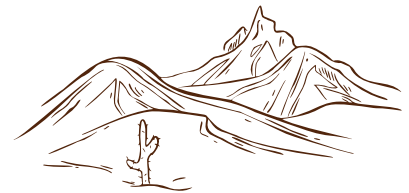
I'd like to pause for a moment to acknowledge the heartbreaking tragedy that occurred in Kerr County, Texas, on the 4th of July. Precious lives were lost—that of both children and the adults who cared for them—and many families were forever changed in an instant.

While words can never fully capture the weight of such a loss, I invite you to join me in keeping these families close in thought. May they be surrounded by comfort, strength, and the quiet grace needed to navigate their grief.

In times like these, empathy and reflection matter. Let's continue to hold space for one another—especially for those who are suffering.

Warm regards,

Michael Mulligan
Operations Director
Tucson Indian Center



AUGUST
2025



Created by Suicide
Prevention,
Intervention &
Postvention Program
520-602-5402

SUN	MON	TUE	WED	THU	FRI	SAT
27 BACK TO school	28 	29	30 	31	1 Chillin' at the Chul	2 Attend Cool Summer Night at Desert Museum
3 What is one fear you want to face or overcome?	4 Workout for 1 hour 	5 Join Mindful Pages Book Club 	6 Call a loved one & check in 	7	8 GONA Event 9am-5pm 	9 GONA Event 9am-5pm
10 Family Car Ride 	11 Solo Dance Party 	12 Go find a body of water 	13 Grab a buddy and do a workout 	14 What does your ideal work-life balance look like?	15 Family game night 	16 Start a new book
17 Family Exercise 	18 Read for 45 minutes 	19 Mindfulness Pages Book Club 	20 Attend TIC QPR Training at TIC @ 5:30pm 	21 Attend Summer Sunset @ Mission Garden 	22 Do a full body workout 	23 Family Dinner
24 Family Self-Care Night 	25 What boundaries will you set to protect your positive energy?	26 Create a end of summer scrapbook 	27 Go to mobile food bank at Goodwill on 1st 	28 Read a chapter from your book and enjoy with some tea 	29 Start Fall Garden seeds 	30 Watch 1st UofA football game
31 Workout for 45 minutes 	1 	2	3 	4	5	6



Tucson Indian Center

Rodney W. Palimo, Sr.

Clinic

Mission Statement

To provide accessible patient-centered care, to empower our community to achieve the highest quality health and well-being.

Hours of Operation/Location

Monday - Friday 8:00am - 5:00pm *excluding holidays*
160 N. Stone, Tucson AZ 85701

Primary Care

The clinic provides full-spectrum primary care services to children, youth, and adults in the model of Family Medicine. This includes health promotion and education, disease prevention, health screenings and interventions by age and risk (ex., immunizations), screening for chronic and/or preventable illness (ex., cancer, diabetes, cardiovascular disease), mental health and substance abuse screening and referral, chronic conditions management, well-child care, women's health care, family planning, elder care, complete physical examinations, pre-participation (Sports/School) physical examinations, and wellness visits.

Behavioral Health

Therapy: TIC Clinic staff &/or contractors provides behavioral health therapy services such as Eye movement desensitization and reprocessing (EMDR) therapy, Solution Focused Brief Therapy, Motivational Interviewing, Cognitive Behavioral Therapy, and assessments with individualized treatment planning. Referrals may be completed for more intensive, long-term behavioral health services or for specialized evidence-based practices. Behavioral health services will be offered by TIC Clinic staff &/or contractors through in-person visits and, when deemed clinically appropriate based upon patient need, through established telemedicine modalities.

Coming Soon, Psychiatry: Psychiatric services provided by a board-certified psychiatrist (MD or DO) as a TIC Clinic staff &/or contractor(s).

Our Services

Primary Care

- Adult & Pediatrics
- Vaccines/Immunizations
- Well-child visits
- Physical Exams (Sports/School)
- Health Screenings
- Medication management/refills
- On-site Laboratory services
- Chronic Condition Management
- Referrals for Specialty Care Service
- Disease Prevention
- Women's Health Exams

Behavioral Health - Therapy

- Individual Therapy
- Intake/Comprehensive Assessments
- Individualized Treatment Planning
- Treatment and assessments for substance abuse, depression, and anxiety
- Coming Soon, Family/Group Therapy

Outreach and Referrals

- Care packages & COVID-19 supplies
- Health Education
- Welfare Checks
- Case management
- Transportation
- AHCCCS/SNAP Enrollment Application Assistance

Contact Us



520-506-7131



www.ticenter.org



Meet Our Newest Wellness Department Staff

TRANSPORTATION SPECIALIST

Manuel Ochoa

My name is Manuel Ochoa born and raised in Tucson I attended Tucson High, I played one summer with Zona Volleyball. On my free times I love spending time with my family watching my kids play sports or fishing. And being a father!



YOUTH SPECIALIST

Jose “Joey” Haro

I hold a degree in Human Services from the University of Phoenix, which provided me with a solid foundation in Social Emotional Learning and the ability to apply theoretical knowledge in practical settings.

During my years of and experience(s), background, paired with my extensive hands-on experience, enables me to offer comprehensive support and guidance to those navigating their personal and professional development.

I have honed my abilities in areas such as case management, counseling, life skills, and special education. My work has consistently focused on supporting youths, their parents/ guardians and adults across the community. Focused on Mental behavior/ disabilities and behavioral health techniques to enhance their life skills. Love The Pittsburgh Steelers and the New York Yankees, love Baseball. I am married, 35 years, I have 4 children and two grandchildren. Born, raised in Tucson, Arizona



NATIVE AMERICAN CANCER PROJECT EDUCATOR

Dynnika Tso

Yá'á'tééh (hello). My name is Dynnika Tso. I am Diné (Navajo), from Cameron and Flagstaff, Arizona. I received my Bachelor's degree in Public Health at the University of Arizona and am currently pursuing my Master of Public Health. My academic and professional experiences have focused on health education, disability inclusion, and research in the health sciences. I am passionate about advancing health equity in Native communities.

I admire the Tucson Indian Center's dedication to supporting Native wellness. I am excited for the opportunity to contribute to TIC and the Native American Cancer Project.





Basketball Summer Camp with Analyss Benally



Last month, our Wellness Team hosted an exciting Summer Basketball Camp, bringing youth together to learn not only the fundamentals of basketball but also about dedication, confidence, and teamwork. We were honored to be joined by special guest, Analyss Benally, coach, mentor, and actor from the Netflix movie “Rez Ball”. Her energy and personal stories inspired our young athletes to dream big, on and off the court. Here's what she had to say about the camp:

“I am Analyss Benally, I was born & raised in Shiprock, NM. I am half Navajo. I fell in love with basketball when I was very young. Basketball was a culture in my family, so I naturally grew & learned to love the game. It’s been a huge factor in the person I am today & has been an amazing experience gaining so many opportunities because of basketball. It’s important to me to give back to the Native communities because it’s needed, it’s important to understand that success stories need to come home to share knowledge and experience to further inspire the youth. The more our youth get ahead the more they’ll succeed and see their dreams turn into reality. I want the youth to see themselves as future success stories rather than expecting that from others. I want to change the perspective & create habits within our youth that our dreams should be an expectation and not normalize it being unreachable. I wanted to partner with the Tucson Indian Center because I want to be a part of the very special things the center has been doing. I also wanted to expand my story and let the kids know that I am there for them no matter where they are. It’s important to me that kids know I want to share as much as possible to give them that advantage for their futures. It’s amazing to see the youth empowered by sports. It’s inspiring to watch their own realization that this is possible and it’s worth that risk to truly believe in yourself when so many around us don’t see it or encourage it. My culture has shown me to be proud of where I am. That I can also continue to learn and incorporate my culture everywhere I go. It’s shaped me to prioritize my family & my morals. I’m very grateful to be who I am. I hope the kids take away the details I’m able to share with them on the court that they take with them and for years ahead. Off the court, I want them to know that the skills and lesson you learn through basketball you will use every day in life. Take advantage of the things they’re learning because whether they know it or not, they’re ahead. I believe it’s important for these types of camps to be included into the Urban Native Youth, so they don’t feel overlooked. To know that they’re being rooted for & most importantly as much support that you give a child, it’s up to them to want it and work for it. Giving them those tools and opportunities is the most we can do but they need to want it themselves more. I want the Tucson Youth community to leave the camp and know that they are loved and seen. I expect so much of them the way they might of me. That I’m rooting for them & I’ll support them. I want them to know that when they go and succeed to come back home to teach the younger generation after them.”





Tucson Indian Center Presents:

GONA

Friday, August 8th &
Saturday August 9th 2025.

From 9 a.m. to 4:00 p.m.

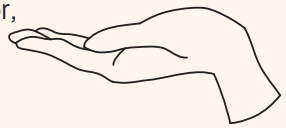
Location: Ramada by

Wyndham

777 W Cushing St, Tucson,
AZ 85745



What is GONA? Gathering of Native Americans. A GONA is a community healing process to address challenges like addiction, violence, chronic negativity and other lasting impacts identified by the community. GONA is a process that helps participants connect the dots between trauma, behavior, healing and living in balance. The process follows four powerful phases: **Belonging, Mastery, Interdependence, and Generosity.** Each offering a path towards healing.



Tucson Indian Center is hosting

MINDFUL PAGES BOOK CLUB

*Every other Tuesday during the
upcoming months*

Tucson Indian Center

*Whether you're on a journey of healing or
looking to support others, all are welcome.
Let's turn pages and start meaningful
conversations together!*

*160 N Stone Ave Tucson, AZ 85701
First Floor*

*Teams Meeting Id: 266 951 099 819 1
Password: RR65Lh6u*

AUGUST 5, 2025

5:30 PM - 7 PM

*More information contact
Alyssa or Halia
ticwd@ticenter.org
520-884-7131*



First Book: "Broken
Home, Healed Nest" by
Anthony Goulet & Percy
Ami

TUCSON INDIAN CENTER
RODNEY W. PALIMO, SR. CLINIC

BACK TO SCHOOL RAFFLE

**All pediatric patients who make an
appointment with the clinic receive a
lunch box filled with goodies**

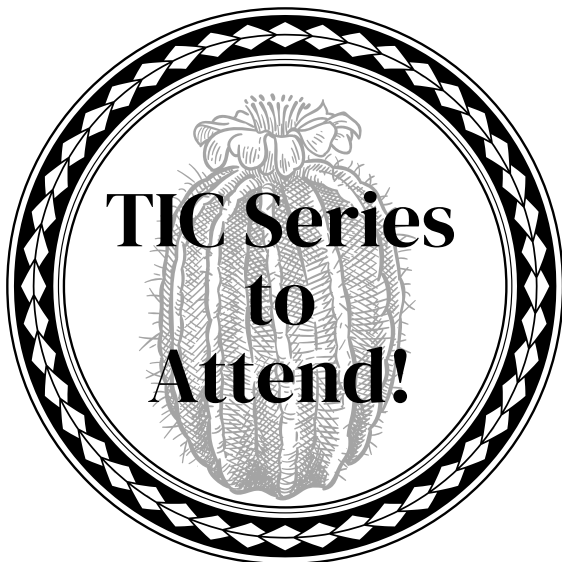
**Pediatric patients who
attend their
appointments are
entered into the
special raffle**



**ASK US HOW TO
WIN A TABLET OR
STANLEY CUP &
ACCESSORIES**

520-506-7131

Call us if you have questions



Food Club

COME JOIN US
FOR A FRESH
WAY TO
PREPARE FOOD
AND ENJOY
WHAT YOU
CREATED



Wednesday's at 10:30am - 160 N Stone Ave - 2nd Floor

●●● You're Invited! ●●●

Elder Monthly Luncheon (Native American 55+)

*Come enjoy a delicious meal, great company,
and an opportunity to socialize with fellow
elders. This is a wonderful chance to share
stories, spread positivity, embrace our culture,
and, most importantly, have a blast together!*

*Luncheons are held the last
Wednesday of every month*

Time: 12:00pm - 3:00 pm

*To Register call Marlene F. Jose
520-884-7131 x2238*

***NO ELDER
LUNCHEON*
NOVEMBER 2025
DECEMBER 2025**

DATES:
• **AUGUST 27, 2025**
• **SEPTEMBER 24, 2025**
• **OCTOBER 29, 2025**

LEADERSHIP DEVELOPMENT WORKSHOP

Looking to build your confidence, connect with others, and grow your leadership skills?
Join us for a series of fun, interactive workshops designed for everyday people who want to make a difference —
No experience needed! All ages are welcomed!

WHAT TO EXPECT:

- Easy-going and supportive environment
- Real-life skills you can use right away
- Group activities, snacks, and good vibes
- Meet others in the community

*CERTIFICATE OF COMPLETION FOR THOSE WHO COMPLETE 10 HRS (ATTEND 5 CLASSES)

**WEDNESDAYS AND FRIDAYS
1-3 PM
STARTING JULY 30TH
@
TUCSON INDIAN CENTER
1ST FLOOR CONF. ROOM**

**160 N. STONE AVE
TUCSON AZ, 85701**

**FOR MORE INFO
CONTACT:
TASHA
520-884-7131 EXT.
2306**

JOIN TIC INDIGILEADERS

How to Apply:

Scan here for
virtual application



For More Info:
tlaabahe@ticenter.org
520-884-7131
ext. 2306

High school and freshman colleges students are invited to be leaders, mentors, and a voice for their community. Help plan cultural, educational, and community events while making a real difference. Build leadership skills, connect with peers, and inspire change!

Benefits as a Council Member:

- Earn Volunteer Experience
- College Readiness Assistance
- Being a Voice for Community Change
- Make New Friends
- Cultural Sharing

Apply Today.

- Open to Ages 13-20 yrs
- Reside in Tucson Area
- Be Native American

TIC Services Updates

**Pima
C.A.R.E.S.
Health
Promotion
Specialist**


Our Core Services

- Assist individuals with a substance use issue to connect with treatment services.
- Assist individuals with locating treatment services for a person with a substance use issue.
- Assist individuals with connecting to support groups.
- Provide Narcan and Fentanyl Testing Kits to the community.

Contact Us
www.ticenter.org
(520)884-7131 Ext. 2301

Our Health Promotion Specialists are here to assist individuals and families impacted by substance use.

Let us help you take the next step toward healing and wellness.



Pick Up Schedule

Monday: 11am - 4pm
 Tuesday: 9am - 4pm
 Wednesday: 9am - 4pm
 Thursday: 9am - 4pm
 Friday: 9am - 4pm



Documents Required for Food Box:

- State ID or Tribal ID
- One Food Box Per Month Per Family**

Documents Required for Diapers:

- State ID or Tribal ID
- Child Birth Certificate or Proof of Guardianship
- Proof of Income or SNAP/AHCCCS Card



Location:

160 N Stone Ave
 Tucson, AZ 85701
 Questions:
 Please Call Us At
 (520) 884-7131

LOOKING FOR A JOB? WE CAN HELP!

Our **WIOA Program** (Workforce Innovation & Opportunity Act) is designed to assist adult Native Americans living off-reservation and within the Tucson Metropolitan Area.

Job Clubs are every **Thursday, from 10:00am to 11:00am.**

New Client Orientation is every **Monday, from 11:00am to 12:00pm.**

August 2025 Job Club schedule

Veterans Arizona@works Guadalupe Gary August 07, 2025 Time: 10:00 AM-11:00 AM	Pima County Human Resources Coordinator Thomas Bartkowski August 14, 2025 Time: 10:00 AM-11:00 AM
Desert Diamond Casino Cheryl Lorentine-Grant HR Specialist August 21, 2025 Time: 10:00 AM-11:00 AM	NESCO Tasha Flores August 28, 2025 Time: 10:00 AM-11:00 AM



TUCSON INDIAN CENTER

160 N. Stone Ave. Tucson, AZ 85701
 (520) 884-7131
www.ticenter.org
 Please Contact:
Starin@ticenter.org
 Or
Iromero@ticenter.org
rurbina@ticenter.org

Enrollment Includes:

Job referrals, resume workshops, job readiness training

TIC Activities Update

★ Join Our Amazing Walking Club! ★

Are you ready to get moving and boost your health and well-being? Come join, Jose and friends for our Walking Club, where you'll create social connections and friendships, promote healthy mental-wellbeing, and learn about healthy eating choices.

Walking is a fun, easy way to stay fit, reduce stress, and improve your mood, all while making new friends and strengthening your sense of community. Whether you're looking to get active, unwind, or simply enjoy nature, our Walking Club is the perfect opportunity to do so!

Wednesday's Walking Club
at the Tucson Indian Center from
8:30am-10:30am.



NATIVE YOUTH COALITION

Looking for a safe, fun, and empowering space? Come connect with other Native youth, share ideas, and explore the harms of commercial tobacco use, while also honoring and learning about tobacco's sacred, traditional role in our communities.



EVERY WEDNESDAY | 4:00 PM – 5:30 PM
At the Tucson Indian Center 160 N. Stone Ave

What to Expect:

- ✓ Group Discussions
- ✓ Culturally Rooted Education
- ✓ Creative Activities
- ✓ Peer Support

All Native Youth Welcome!
Ages 8 - 17

Contact Us:



Email: ticwd@ticcenter.org

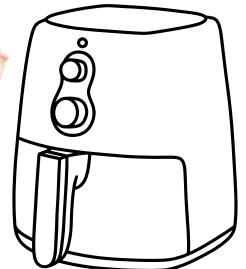
AIR FRYER FRY BREAD

Recipe Story

By: Kalani Tucker

Cook Inlet Tribal Council

This is a modern twist in traditional fry bread. It takes less than an hour and doesn't use hot oil, so it's easier for kids.



Ingredients

2 cups of self-rising flour 1 cup buttermilk
Dash of oil

Bowl with oil on side

Directions

1. Preheat air fryer to 375 degrees.
2. Mix all ingredients until dough is formed.
3. Pinch off dough and form into 1/4 in thick discs (holes are optional).
4. Dip disc into bowl with oil until coated. Place dough disc in air fryer basket.
5. Air fry for 4 min or until golden brown.
6. Flip and cook other side until golden brown.

COFFEE AND BINGO

Looking for a fun way to spend your Friday mornings?

Join the Tucson Indian Center for Bingo every Friday,
2nd Floor!

10:00AM - 12:00PM

EVERY FRIDAY

160 N STONE AVE - 2ND FLOOR



Workout Session!

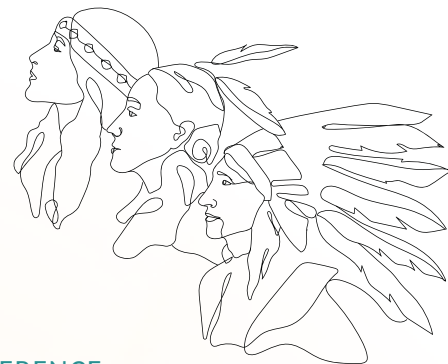
Every Wednesday

**TUCSON INDIAN CENTER
ON THE 2ND FLOOR**

12:30 PM - 1:30 PM

8/6, 8/13, 8/20, 8/27





LET'S COME TOGETHER AND SAY:

"LET'S FIGHT THE STIGMA."

YOUR PRESENCE MATTERS. LET'S MAKE A DIFFERENCE -
TOGETHER

You Are Cordially Invited

*The Tucson Indian Center respectfully invites you to attend our
Evening of Suicide Prevention and Mental Health Awareness*

Dear community member,

The Tucson Indian Center warmly invites you to share a photo of a loved one who has died by suicide to be placed on the "Remember Me" Tree or wall at our Hope for Life event. This heartfelt tribute offers a space to honor their memory, share our stories, and come together in a spirit of healing. Join us as we support one another, raise awareness, and learn about the vital mental health resources available in the Tucson community.

Date: Wednesday, September 10, 2025

Time: 4:00 PM – 7:00 PM

Location: El Casino Ballroom

437 E 26th Street, Tucson, AZ 85713

This important community gathering is dedicated to raising awareness about suicide prevention and promoting mental health and wellness within our Native community. The event will include educational resources, guest speakers, and opportunities for healing and connection.



SUICIDE PREVENTION, INTERVENTION, POSTVENTION
TUCSON INDIAN CENTER - WELLNESS DEPARTMENT

Tucson Indian Center Staff

Executive Director

Jacob Bernal

Chemehuevi

Executive Assistant

Yolanda Valenzuela

Pascua Yaqui

Client Service Support Specialist

Monique Ugaitafa

Tohono O'odham

Operations Director

Michael Mulligan

Human Resource Generalist

Jorge Molina

Building Maintenance Safety Officer

Jackie Shemesh

Client Service Support Specialist

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Finance Director

Michael E. Spotted Wolf

Seminole Nation of Oklahoma

Finance Operations Manager

Rajiv Ranjan

Staff Accountant

Honey Ignacio

Tohono O'odham

Accountant Clerk

Claudia Oldman

Navajo

Wellness Department

Wellness Director

Veronica Boone

Laguna Pueblo/Navajo

Health Promotion Specialist

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Tohono O'odham

Transportation Specialist

"Ricky" Manuel Ochoa

Community Health Representative

Marcella Delgado

Tohono O'odham

Health Promotion Specialist

Autumn Begay

Tohono O'odham

Health Promotion Specialist

Vashti Solis

Grants & Services Manager

Susan Mulligan

Wellness Case Manager

Christina Luna

Wellness Case Manager

Vacant

Prevention & Education Specialist

Alyssa Dreiling

Prevention & Education Specialist

Halia Shirley

Navajo

Domestic Violence Prevention Specialist

Tanya Rios

Tohono O'odham

Administrative Assistant

Angela Reyes

Native Connections Project Coordinator

Misty Castro

SAMHSA Youth Specialist

Jose "Joe" Haro

Youth & Community Health Educator

Jovon Boling

Navajo

Diabetes Prevention Specialist

Jose Duran

Wellness Family Health Advocate

Andres Epaloose

Navajo/Hopi/Zuni

Native American Cancer Project Educator

Dynnika Tso

Navajo

Health Department

Health Services Director

Phoebe Cager

Yup'ik

Medical Business Office Manager

Katrina Rodriguez

Grants & Services Manager

Adam Fernandez

Rarámuri & Guachichil

Admin Assistant

Jaden Hale

Navajo

Behavioral Health Therapist

Aurora Ramirez

Medical Director

Peter Ziegler MD

Family Physician

Dr. Paul Weintraub

Family Physicians Assistant, PA-C

Juniper Dery-Chaffin

Family Physician

Dr. Joan MacEachen

Pediatrician/Pediatric Consultant

Dr. Marisa Werner

Family Nurse Practitioner

Diana Bautista

Family Health Advocate &

Community Health Rep

Carolyn Tapia

Medical Billing & Coding Specialist

Vonda Talawepi

Hopi

Medical Record Clerk

Angie Estrella

Medical Assistant

Andi Morgan

COVID - 19 CHR

Rosemary Corella

Social Services Department

Social Services Director

Dylan Baysa

Choctaw

Intake & Support Services Case Manager

Jerry R. Romero

Tohono O'odham

Employment Case Manager

Estella Tarin

Community Engagement Coordinator

Tasha Labahe

Navajo

Community Engagement Coordinator

& Data Specialist

Natalia Cachora

Employment & Training Case Manager

Renee Urbina

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**American Indian Association
of Tucson, Inc.
Tucson Indian Center
160 North Stone
Tucson, AZ 85701
Phone: 520-884-7131
Fax: 520-884-0240**

www.ticenter.org

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To enhance leadership, provide advocacy, deliver education, and strengthen the well-being of the people in the greater Tucson Area with emphasis on the Urban Native American Community.

Reminder and Announcements

- **New Client Orientation - Every Monday 11:00am-12:00pm (08/04, 08/11, 08/18, 08/25)**
Contact: Tucson Indian Center
- **Job Club – Every Thursday 10:00am-11:00am (08/07, 08/14, 08/21, 08/28)**
Contact: Tucson Indian Center
- **2 Spirit of Tucson - August 11th @ 5:30 pm—7:00 pm** Contact: Marlene F. Jose
- **Native Sisters in Recovery - Thursdays (08/07, 08/14, 08/21, 08/28) @ 4:15pm—5:15pm**
Contact: Wellness Case Managers **Location: Tucson Indian Center**
- **White Bison Recovery Group - Thursdays (08/07, 08/14, 08/21,) @5:30 pm—6:30pm**
Contact: Wellness Case Managers **Location: Tucson Indian Center**
- **AIIR (American Indians in Recovery) AA Mtgs. - Fridays (08/01, 08/08, 08/15, 08/22, 08/29) @ 8:30 am - 9:30 am**, Contact: Wellness Case Managers **Location: Tucson Indian Center**
- **Native Youth Coalition – 4PM - 6PM, Wednesdays (08/06, 08/13, 08/20, 08/27)**
Contact: Wellness Department
- **Coffee & Bingo – Every Friday, 10:00am-12:00pm**
Contact: Tucson Indian Center **Location: Tucson Indian Center**
- **Walking Club - Wednesdays (08/06, 08/13, 08/20, 08/27) @8:30am-10:30am**
Contact: Jose Duran
- **Elder Monthly Luncheon: August 27th, 2025, 12pm-3pm** RSVP with Marlene F. Jose

**PLEASE REFER TO OUR WEBSITE & SOCIAL MEDIA FOR ALL FLYERS AND ANNOUNCEMENTS.
(REFER TO PAGE 1 FOR SOCIAL MEDIA)**

We are happy to share the monthly Native Wellness Voice with you. If you would like to receive an electronic copy or if you experience any problem related to this mailing, such as receiving more than one copy or the wrong name, please contact Angela Reyes at (520) 884-7131 ext. 2249 or anreyes@ticenter.org.