



# TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

November 2025 Vol. 48 ISSUE 11 WWW.TICENTER.ORG

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

TIC will be closed  
November 27<sup>th</sup> & 28<sup>th</sup>



## WELCOME TO THE TUCSON INDIAN CENTER NEWSLETTER!

Let us welcome the month of November with open hearts and renewed purpose. As the seasons shift the days get cooler, and autumn settles in we are reminded of the importance of reflection, connection, and action. November is a month rich with meaning, remembrance, and opportunities to uplift one another.

We give thanks for the abundance around us and the strength within us. Whether through ceremony, community gatherings, or quiet reflection, this is a time to reconnect with our roots and each other.

This November, we honor a wide range of awareness causes — a time to listen, learn, and stand united with those that are impacted.

- American Diabetes Month
- Bladder Health Month
- Epilepsy Awareness Month
- National Alzheimer's Disease Awareness Month
- Pancreatic Cancer Awareness Month
- Prematurity Awareness Month
- Native American Heritage Month

These causes remind us of the importance of compassion, advocacy, and community care.

We are excited to invite you to the upcoming events that are right around the corner! Please mark your calendars and make plans to attend with your family and friends. These gatherings are opportunities to celebrate culture, build community, and support each other.

- Out of the Darkness Walk - November 8
- Native American Family Wellness Day - November 15

The Tucson Indian Center continues working to honor our mission to guide every step we take, every story we share, and every program we build. To enhance leadership, provide advocacy, deliver education, and strengthen the well-being of the people in the greater Tucson Area with the emphasis on the Urban Native American Community.

We hope this month's newsletter brings you inspiration, updates, and opportunities to engage with our work. Thank you for walking this path with us.

Jacob Bernal/Executive Director

*Jacob Bernal*

### In this newsletter you can expect:

|                                       |                                       |
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| Page 1.<br>Executive Director Updates | Page 7.<br>Series to Attend           |
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### VISIT OUR SOCIAL MEDIA:

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

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

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

Stay up to date with  
our very own Podcast  
<https://bit.ly/TICtalks>



# Updates and Uplifts



I hope this message finds you happy, healthy, and blessed. As we continue working to maintain and improve the Tucson Indian Center, I want to take a moment to inform our community about an important upcoming project. Beginning in late December 2025 and continuing through late January 2026, we will begin construction on a full Roof and partial HVAC Replacement Project.

This project is essential to ensure the safety, comfort, and reliability of our facility. As many know, our building has served the community for decades in different capacities, and with that longevity comes the need for continued investment in infrastructure. The new roofing and partial HVAC system will help create a more comfortable environment for our clients, visitors, and staff, especially during Tucson's warmer months.

While this work is underway, most areas of the Center will remain open and operational. However, the Clinic will be temporarily closed for approximately 30 days during construction. We understand how important continuity of care is to our patients, and we are already working on accommodations during this period. Please watch our social media pages and website for detailed updates and instructions. Clinic staff will also be reaching out directly to patients with information well in advance.

We sincerely apologize for any inconvenience this may cause and appreciate your patience and understanding. These improvements are a necessary investment in the long-term health and safety of our community spaces. Our goal is to ensure that every visit to the Tucson Indian Center remains welcoming, safe, and enjoyable for all.

Michael Mulligan  
Operations Director  
Tucson Indian Center



**NOVEMBER**

**2025**

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

| SUN                                   | MON                                                         | TUE                         | WED                                 | THU                              | FRI                                        | SAT                                    |
|---------------------------------------|-------------------------------------------------------------|-----------------------------|-------------------------------------|----------------------------------|--------------------------------------------|----------------------------------------|
| 26<br>                                | 27<br>                                                      | 28<br>                      | 29<br>                              | 30<br>                           | 31<br>                                     | 1<br>                                  |
| 2<br>                                 | 3<br>                                                       | 4<br>                       | 5<br>                               | 6<br>                            | 7<br>                                      | 8<br>                                  |
| Write 3 goals to accomplish this week | 15 minutes of meditation                                    | Men Only Drum Circle        | Read one chapter of a book          | Take family photos               | Have a movie night                         | Out of the Darkness Walk @ Reid Park   |
| 9<br>                                 | 10<br>                                                      | 11<br>                      | 12<br>                              | 13<br>                           | 14<br>                                     | 15<br>                                 |
| Do some arts & crafts                 | Full body workout                                           | Veteran's Day<br>TIC CLOSED | Self Care Night                     | Go on a nature walk              | Write how you feel about fall ending       | Native American Family Wellness Day    |
| 16<br>                                | 17<br>                                                      | 18<br>                      | 19<br>                              | 20<br>                           | 21<br>                                     | 22<br>                                 |
| Make caramel apples                   | Self Care Night                                             | Men Only Drum Circle        | QPR Training                        | Read one chapter of a book       | Do a Friendsgiving                         | International Survivors of Suicide Day |
| 23<br>                                | 24<br>                                                      | 25<br>                      | 26<br>                              | 27<br>                           | 28<br>                                     | 29<br>                                 |
| Go Stargazing                         | Call a friend or loved one you haven't talked to in a while | Mindfulness Pages Book Club | Write 5 things you are grateful for | HAPPY THANKSGIVING<br>TIC CLOSED | Buy yourself something nice!<br>TIC CLOSED | Enjoy family time                      |
| 30<br>                                |                                                             |                             |                                     |                                  |                                            |                                        |
| Create Xmas list                      |                                                             |                             |                                     |                                  |                                            |                                        |





# **FREE RIDES** **TO YOUR HEALTH SERVICES APPOINTMENT AT TUCSON INDIAN CENTER**



Do you have an appointment at the Rodney W. Palimo, Sr. clinic? We can transport you directly to your appointment, so a reliable ride is not a barrier.

## **BENEFITS:**

- ✓ Reliable Transportation
- ✓ Prompt Pick Ups
- ✓ Get Picked Up and Dropped Off Directly from your House or Living Facility



**For questions or to schedule transportation call:**

**Call us!**

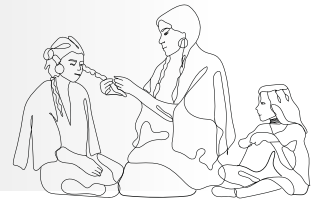


**520-506-7131**



# November Highlights

## AT THE TUCSON INDIAN CENTER



### ☀️ Honoring Our Elder – Sonny Junhama ☀️

The Tucson Indian Center proudly recognizes Elder Sonny Junhama, who brought home 8 gold medals at the Chair Volleyball Regional Competition!

His dedication, strength, and community spirit continue to inspire us all. Congratulations, Sonny, for representing our community with pride and excellence! Throughout his involvement with TIC, Sonny has lost over fifty pounds. We are so proud of you, Sonny!



*Dorma Koinva and her daughter Veronica Koinva at Native American Recognition Week*

### *November is Native American Recognition Month*

November is a time to honor the history, resilience, and living cultures of Indigenous peoples across the country and right here in Tucson.

At the Tucson Indian Center, we're proud to serve and celebrate our Native community every day. For over 60 years, we've worked to preserve tradition, promote wellness and strengthen connections that keep our culture thriving.

This month, we invite you to join us in recognizing the stories, teachings and strength that continue to inspire generations. Together, we honor the past, celebrate the present, and build a stronger future for our community.

### *Honoring Life, Love, and Memory*

Animam Mikwame (Yaqui), Limoşañ (Tohono O'odham) also known as Day of the Dead and Día de los Muertos is a time to honor and remember our ancestors - celebrating the lives, teachings, and love they left behind. Rooted in Indigenous traditions, this sacred celebration reminds us that life and death are deeply connected and that our loved ones continue to walk beside us in spirit.

In Tucson, Indigenous communities have carried these traditions for generations, blending ceremony, art, music, and food to create a space of reflection and joy. As we gather to build altars, share stories, and light candles, we celebrate the beauty of life and the strength of our cultural roots.





# *A look at what's happened in the last month*

AT THE TUCSON INDIAN CENTER



## *Footsteps for Healing Walk*



October is Domestic Violence Awareness Month. On October 18th, the Tucson Indian Center joined community members in walking together for Violence Awareness. The Footsteps for Healing Walk, hosted by Emerge and Indivisible Tohono, brought together survivors and families affected by domestic violence, sexual violence, and gun violence, with a special focus on Indigenous communities. Now in its second year, the event saw participation double from last year. This powerful walk created a safe, supportive space for healing, amplifying the voices of survivors and encouraging others to share their stories.

## *Emerge's 50<sup>th</sup> Anniversary Celebration*

On Sunday, September 28, the Tucson Indian Center was honored to take part in Emerge's 50th Anniversary Celebration at the Berger Performing Arts Center.

The event celebrated fifty years of supporting survivors, uplifting voices, and creating spaces of safety and healing.

Guests enjoyed moving stories, shared reflections, and powerful performances throughout the evening and at the reception that followed.



## *Phoenix Indian Center - Gourd Dance and Social Powwow*

In October, our group traveled to Phoenix to participate in a day full of culture, community, and connection. We attended the Native American Connections Parade, centered around the inspiring youth-focused theme: "The Future is Ours!" The group also took part in the Phoenix Indian Center's Gourd Dance & Social Powwow and explored health and wellness resources at the Native Health Fair. We were especially proud to have members of the Native Youth Coalition join us for this meaningful experience and learn more about the opportunities for Native Youth!





# Upcoming Events

## AT THE TUCSON INDIAN CENTER



The Tucson Indian Center Presents

## 2025 NATIVE AMERICAN



A Life in the Community for Everyone  
**SAMHSA**



## FAMILY WELLNESS DAY

**SATURDAY, NOVEMBER 15TH,  
2025**

**FUN RUN - 8:00 AM - 9:30 AM**

**EVENT - 10:00 AM TO 3:00 PM**

**RUNWAY / ART SHOW 12:30-1:00  
(TRADITIONAL ATTIRE ENCOURAGED)**

**DANCING 1:00 PM - 3:00 PM**

Join us in celebrating you and your family, honoring your presence and your ongoing commitment to making healthier choices for your family's well-being while celebrating with your community and our culture.

**DONNA R. LIGGINS CENTER  
2160 N. 6<sup>TH</sup> AVE**



**VENDORS**

**FUN ACTIVITIES**

**Music**

For any questions, please email [ticwd@ticenter.org](mailto:ticwd@ticenter.org)  
or Call Tucson Indian Center (520)884-7131

### *Tucson Indian Center Gathering*

#### **Celebrating Community Partners**

The Tucson Indian Center is hosting an event to honor our valuable community partnerships. The Tucson Indian Center Gathering is an opportunity for us to celebrate our partners contributions while inviting the community to learn how they can support and engage with the Center's programs.

**Saturday, November 8, 2025**

**Desert Diamond Casino on Nogales Highway**

**5:00 pm – 8:00 pm**

Get your tickets at [ticenter.org/2025-gathering/](https://ticenter.org/2025-gathering/)

Silent Auction | Dinner | Entertainment | Recognition Awards



# Series to Attend

AT THE TUCSON INDIAN CENTER



*Food Club - Brought to you by our Diabetes Prevention Specialist*

Come join us for a fresh way to prepare food and enjoy what you create!

Contact Jose Duran for more information  
(520) 884-7131 ext. 8304



**November 5: Winter Squash Cakes**

**November 12: Strawberry Vanilla Overnight**

**November 22: Oats with Cottage Cheese  
Egg Muffins Surprise**

**November 29: Cocoa- Peppermint Powder**



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

**TUCSON INDIAN CENTER IS  
HOSTING**

## **DRUMMING CIRCLE**

◇◇◇◇◇◇◇◇◇◇  
**EVERY 1<sup>ST</sup> AND 3<sup>RD</sup> TUESDAY  
OF EVERY MONTH  
5:30PM-7:00PM**

**14+ INDIVIDUALS WHO IDENTIFY AS MALE  
REGISTRATION REQUIRED**



**QUESTIONS/ CONCERNS  
CONTACT**

**SAMHSA/SPIP AT 520-884-7131  
TICWD@TICENTER.ORG**

## *2 Spirit of Tucson Support Group (GLBTQ2S)*

(2nd Monday of the month @ TIC)



November 10, 2025, 5:30pm-7:00pm  
December 8, 2025, 5:30pm-7:00pm



For more information call (520) 884-7131 ext. 2238 or [mjose@ticenter.org](mailto:mjose@ticenter.org)



# Services Update

## AT THE TUCSON INDIAN CENTER



### 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.

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.

Contact Us  (520)884-7131 Ext. 2301



#### 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



**November 06, 2025  
10:00AM-11:00AM  
AZ&WORKS**

## LOOKING FOR A JOB? WE CAN HELP!

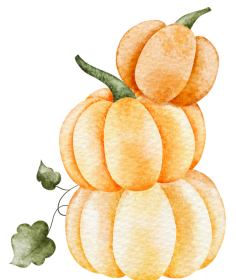
**New Client Orientation is every  
Monday, from  
11:00am to 12:00pm.**

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

**November 13, 2025  
10:00AM-11:00AM  
Desert Diamond  
Casino**

**November 20, 2025  
OUTREACH INTAKE  
ENDEAVORS  
10:00AM-11:00AM**

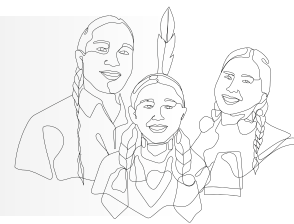
Our WIOA Program (Workforce Innovation & Opportunity Act) is designed to assist adult Native American living off-reservation and within the Tucson Metropolitan Area



 520-884-7131  [starin@ticenter.org](mailto:starin@ticenter.org) [jromero@ticenter.org](mailto:jromero@ticenter.org) [rurbina@ticenter.org](mailto:rurbina@ticenter.org)

# Activities Update

## AT THE TUCSON INDIAN CENTER



### *Join Our Amazing Walking Club/Workout Sessions!*

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 at the Tucson Indian Center from  
8:30am-10:30am.



### *This month's recipe is Hominy and Chicken Stew*

#### **Ingredients**

|                                 |                                          |
|---------------------------------|------------------------------------------|
| 6 cups chicken stock            | 4 cloves garlic                          |
| 2 lbs chicken thighs or breasts | 2 tbsps maple syrup or light brown sugar |
| 1 lb tomatillos                 | Dash ground pepper                       |
| 1 small white onion             | 1/4 tsp cinnamon                         |
| 2 poblano chilis                | 1 orange (juiced)                        |
| 2 jalapeños                     | 1/2 cup cilantro                         |
| 1 tbsp dried oregano            | Salt to taste                            |
|                                 | Black pepper to taste                    |

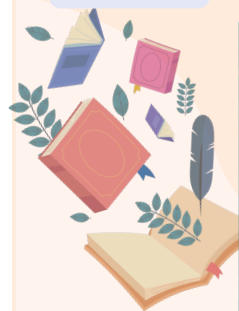


#### **Directions**

1. Husk and half tomatillos, quarter onion, and chop poblano chilis and jalapenos. Smash the garlic cloves and chop the cilantro.
2. Bring the chicken stock to a boil in a large pot over medium-high heat. Add the chicken pieces, tomatillos, onion, poblanos and jalapenos, oregano, and salt. Return to a boil, then reduce the heat to low, cover and simmer for 40 minutes until tender.
3. Carefully remove chicken from pot and shred the meat, discarding any bones and skin. Skim fat from the cooking liquid and reserve.
4. Place a strainer over a large bowl and strain the broth. Set aside.
5. Transfer the solids to a blender. Add garlic cloves, cilantro, and 1 cup of the broth and puree until smooth. Season with salt and pepper to taste.
6. Return pot to stove top, setting it over high heat. Add 2 tablespoons of the skimmed fat to the pot and cook for 30 seconds.
7. Pour the tomatillo puree to the pot and stir. Reduce heat to medium. Add the stock and stir to combine, then stir in the shredded chicken and drained hominy. Cook for 10 minutes until warmed through, seasoning with salt and pepper.



WE PROVIDE  
THE BOOK  
FOR FREE!



Tucson Indian Center is hosting

## MINDFUL PAGES BOOK CLUB

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!

EVERY OTHER TUESDAY

5:30 PM - 7 PM

Tucson Indian Center  
160 N Stone Ave  
First Floor

November 11th  
November 25th  
December 9th

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

Join Tucson Indian Center  
Suicide Prevention team at the



American  
Foundation  
for Suicide  
Prevention

## OUT OF THE DARKNESS WALK



JOIN TIC IN THE WALK AS WE WALK AROUND REID PARK WITH OTHER'S TO PREVENT SUICIDE WITHIN OUR COMMUNITY.

Please register with the AFSP QR code link to join the TIC SPIP team. Click on register for SPIP TIC team and fill out the information it requires. We will send an email to you once we see you are registered.

**NOV. 8, 2025**

9AM - 1PM

REID PARK TUCSON

**\*DEADLINE TO  
REGISTER  
OCTOBER 17\***



SPIP TEAM  
ticwd@ticenter.org  
520-602-5402



## QPR Gatekeeper Training



Question. Persuade. Refer.

QPR (Question, Persuade, Refer) is a simple, lifesaving method that teaches people to recognize suicide warning signs and intervene, much like CPR or the Heimlich Maneuver does for medical emergencies.

This training is open to community members aged 18 and older who want to learn the essential skills needed to ask the life-saving question.

After completion of training you will receive a certificate & \$10 gift card

### Registration is Required

Wednesday, November 19th, 2025  
Wednesday, February 18, 2026  
Wednesday, June 24, 2026  
Wednesday, September 16, 2026  
Wednesday, December 9, 2026

Need more information or interested in attending, please contact  
Alyssa Dreiling, Misty Castro, or Halia Shirley  
ticwd@ticenter.org  
520-884-7131

5:30pm-7:30pm

Location: Tucson Indian Center Tucson, AZ 85701





## **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*

**Rosa Duarte - Espinoza**

*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*

**Marlene F. Jose**  
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**  
*Community Cultural Specialist & Educator*  
**Javier Aguiñiga**

*Grants & Services Manager*

**Mildred Manuel**  
*Wellness Case Manager*  
**Christina Luna**  
*Wellness Case Manager*  
**Priscilla "Loreto" Curti**

*Prevention & Education Specialist*  
**Alyssa Dreiling**

*Prevention & Education Specialist*  
**Halia Shirley**  
Navajo

*Domestic Violence Prevention Specialist*  
**Tanya Rios**  
Tohono O'odham

*Native American Cancer Project Educator*  
**Dynnika Tso**  
Navajo

*Administrative Assistant*

**Angela Reyes**

*Native Connections Project Coordinator*

**Misty Castro**

*SAMHSA Youth Specialist*  
**Jose "Joey" Haro**

*Youth & Community Health Educator*  
**Jovon Boling**  
Navajo

*Diabetes Prevention Specialist*  
**Jose Duran**

*Wellness Family Health Advocate*  
**Andres Epaloose**  
Navajo/Hopi/Zuni

### **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*  
Vacant

### **Social Services**

#### **Department**

*Social Services Director*

**Dylan Baysa**  
Choctaw

*Community Engagement Coordinator*  
**Tasha Labahe**  
Navajo

*Intake & Support Services Case Manager*

**Jerry R. Romero**  
Tohono O'odham

*Employment & Training Case Manager*  
**Renee Urbina**

*Employment Case Manager*

**Estella Tarin**

*Community Engagement Coordinator & Data Specialist*  
**Natalia Cachora**

## **Tucson Indian Center Board of Directors**

*Chairman*

**Alexander Lewis**  
Tohono O'odham

*Vice Chairman*

**Mark Bahti**

*Treasurer*

**Melisa Cota**  
Tohono O'odham

*Secretary*

**Amalia Reyes**  
Pascua Yaqui

**Yolanda Molina**  
Pascua Yaqui

**Olivia Villegas - Liston**  
Tohono O'odham

**Christine Nelson**  
Navajo



**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**

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
TUCSON, AZ  
PERMIT NO. 553

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

**All events listed are held at the Tucson Indian Center**

- **New Client Orientation - Every Monday 11:00am-12:00pm (11/3, 11/10, 11/17, 11/24)**  
Contact: Tucson Indian Center
- **Job Club - Every Thursday 10:00am-11:00am (11/6, 11/13, 11/20, 11/27)**  
Contact: Tucson Indian Center
- **2 Spirit of Tucson - November 10<sup>th</sup> @ 5:30 pm—7:00 pm** Contact: Marlene F. Jose
- **Native Sisters in Recovery - Thursdays (11/6, 11/13, 11/20, 11/27) @ 4:15pm—5:15pm**  
Contact: Wellness Case Managers
- **White Bison Recovery Group - Thursdays (11/6, 11/13, 11/20, 11/27) @5:30 pm—6:30pm**  
Contact: Wellness Case Managers
- **AIIR (American Indians in Recovery) AA Mtgs. - Fridays (11/7, 11/14, 11/21, 11/28)  
@ 8:30 am - 9:30 am, Contact: Wellness Case Managers**
- **Native Youth Coalition - 4PM - 6PM, Wednesdays (11/5, 11/12, 11/19, 11/26)**  
Contact: Wellness Department
- **Leadership Development Workshop - Wednesdays and Fridays from 1-3 PM**
  - Learning Our Past, Leading Our Future.
  - Join us for a reimagined leadership training that centers Native issues, histories, and voices.
  - Certificate of Completion for those who complete 10 hours (attend 5 classes)
  - For More Info Contact: Tasha 520-884-7131 ext. 2306
- **Coffee and Bingo - Every Friday - 10 AM - 12 PM (NO BINGO NOVEMBER 28<sup>TH</sup>)**

**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](mailto:anreyes@ticenter.org).**