



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

April 2026 Vol. 53 ISSUE 16 WWW.TICENTER.ORG

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



Scan the QR code
with your phone
for our TIC Talks
Podcast.



YouTube @tucsonindiancentertalks



WELCOME TO THE TUCSON INDIAN CENTER NEWSLETTER

Let us welcome the month of April and the full arrival of spring. As the weather gets warmer, plants begin to bloom, and the sunlight is lasting a little longer each evening. This beautiful shift in the season reminds us of renewal, hope, and the fresh beginnings that spring always brings.

April also highlights several important awareness campaigns. This month, we take the time to recognize the following:

- Cancer Control Month
- National STD Awareness Month
- Sexual Assault Awareness Month
- Alcohol Awareness Month
- Child Abuse Prevention Month
- Stress Awareness
- Autism Acceptance

These observances remind us of how important compassion, advocacy, and community care are in the work we do every day.

We also want to take a moment to say thank you and extend our deepest appreciation to everyone who supports our mission— our community members, families, and partners. Your prayers, participation, and generosity help us serve our people with purpose and heart.

We invite you and would love for you to join us at the Tucson Indian Center's upcoming events. Please save the dates and make plans to come out and be part of these meaningful experiences.

- Rape Aggression Defense (R.A.D) Classes
- NAMI Walk
- Women's Day

We hope this month's newsletter brings you inspiration, updates, and opportunities to engage with our work. May the path we walk together continue to be guided by grace and light. Stay connected with us through our website at (<https://www.ticenter.org>) and be sure to like and follow us on social media to keep up and stay informed about upcoming community events, announcements, and other important information.

Wishing you a wonderful month of April—enjoy reading our newsletter!

Jacob Bernal/Executive Director

**In this newsletter you
can expect:**

Page 1. Executive Director Updates	Page 7. Series to Attend
Page 2. Updates & Uplifts	Page 8. Services Updates
Page 3. Health Services	Page 9. Activities Update
Page 4. Highlights	Page 10. Words of Impact
Page 5. A look at what's happened	Page 11. TIC Staff
Page 6. Upcoming Events	Page 12. Announcem ents

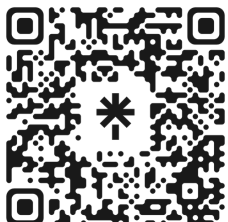


VISIT OUR SOCIAL MEDIA:

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

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

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



Updates and Uplifts



Operations Department Update

Greetings! I hope this message finds you and your loved ones blessed, healthy, and happy.

I would like to share a reminder about two important policies at the Tucson Indian Center. These policies are in place to ensure that everyone who visits the Center feels safe, comfortable, and welcome.

No Weapons in the Center

While TIC respects the rights granted by the Second Amendment, we are a private organization and require that weapons be left at home or secured in your vehicle. This policy is applicable for ALL types of weapons, not specifically firearms, and helps maintain a safe environment for everyone attending programs, events, and clinic appointments.

TIC asks that pets remain at home. While we all love our pets, some visitors have allergies or fears that make being around animals difficult. In accordance with the Americans with Disabilities Act (ADA), service animals are permitted; however, emotional support animals and pets are not. In the rare event that a service animal becomes disruptive or cannot be properly controlled, the owner or handler may be asked to remove the animal from the Center so that a safe and comfortable environment can be maintained for everyone.

These policies help ensure that everyone can enjoy their time at the Tucson Indian Center. We value our community and appreciate your cooperation in helping us maintain a safe and welcoming environment.

Michael Mulligan
Operations Director



Native Youth RISE

Rooted in Culture • Identity • Service • Empowerment

Native Youth RISE is a Youth Community Health Representative (Youth CHR) leadership program at the Tucson Indian Center.

Youth will grow as leaders, strengthen their cultural identity, and support the health and wellbeing of their communities.



Now Recruiting High School Youth!

Scan QR code to access Interest Form:



Accepting youth in grades 9 - 12

For more info, please contact Dynnika:

 dtso@ticenter.org
 520-884-7131 Ext. 1028



Why join Native Youth RISE?

- Connect with mentors, health professionals, and community leaders
- Mentor middle school youth
- Travel to conferences and leadership trainings
- Build leadership skills and public speaking skills

In accordance with the Americans with Disabilities Act (ADA), the Tucson Indian Center will consider reasonable accommodations for individuals with disabilities. To request an accommodation, please contact Angela Reyes at 520-884-7131.

Rodney W. Palomino, Sr Clinic

AT THE TUCSON INDIAN CENTER



Hours of Operation/Location

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

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

CARDIOVASCULAR HEALTH



Heart disease is one of the leading causes of illness, but many risks are preventable with early care, healthy lifestyle choices, and regular checkups.

At **TIC**, we offer:

- Blood pressure & cholesterol screenings
- Lifestyle & nutrition guidance
- Ongoing preventive care and support

Our caring medical team is here to help you protect what matters most — **your heart**.

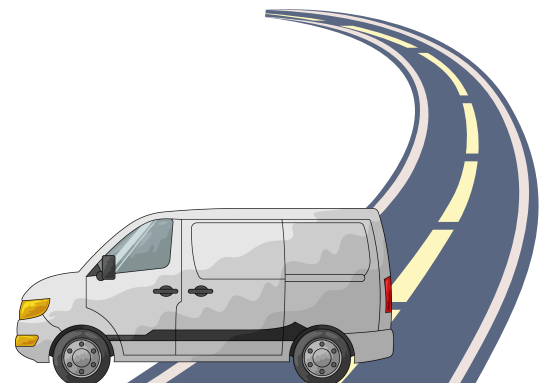
**CALL OUR CLINIC FRONT DESK TEAM
TO GET SCHEDULED!
(520)506-7131
HEALTH@TICENTER.ORG**



FREE RIDES

**TO YOUR HEALTH SERVICES APPOINTMENT AT THE
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.



Contact Us



520-506-7131



www.ticenter.org

April Highlights

AT THE TUCSON INDIAN CENTER



Take Down Tobacco, April 1st, 2026

The Native Youth Coalition works in a community-wide effort to raise awareness about the risks of e-cigarette use, particularly among youth. The Take Down Tobacco campaign emphasizes that most vaping products contain nicotine, which is a highly addictive substance that harms brain development. Local data shows nearly half of teens in Pima County have tried e-cigarettes and a high percentage used flavored products. Through partnerships with schools and community organizations, the initiative aims to educate parents, educators, and students, counter misleading marketing by the tobacco industry and encourage young people to remain nicotine-free.

April is Sexual Assault Awareness Month (SAAM)

April is a time dedicated to raising awareness about sexual violence, supporting survivors, and promoting prevention efforts. It emphasizes the importance of consent, education, and community responsibility in addressing, reducing sexual assault and encourage open conversations to challenge stigma and foster a culture of respect and safety.

A key symbol of SAAM is the teal ribbon, representing support for survivors and commitment to prevention.

SAAM also highlights critical issues such as:

- The importance of clear, enthusiastic consent
- The impact of sexual violence on individuals and communities
- The need for bystander intervention and education
- Support systems, including counseling, hotlines, and advocacy services

Contact Tanya Rios
Domestic Violence Prevention Specialist
(520) 884-7131
trios@ticenter.org



Ultimately, the goal of Sexual Assault Awareness Month is not only to raise awareness, but to create lasting cultural change—encouraging respect, accountability, and safer environments for everyone.

If you are in a crisis or need help, SACASA offers the following resources:
24-Hour Hotline: Call (520) 327-7273 or toll-free at (800) 400-1001.



Friday, April 17, 2026

Check-in 8:30 a.m. | Program 9:00 a.m. -3:00 p.m.

This conference is a valuable opportunity to connect, learn, and grow as a community committed to safety and empowerment. Space is limited to 100 participants. Please scan the QR code below to register as soon as possible.

Scan Here to Register



U.S. Department of Veterans Affairs
Veterans Health Administration



Southern Arizona VA Health Care System (SAVAHCS)

For more information, contact Jennifer Kirk (520) 308-2337, Patty Valera (520) 345-3533 or Tanya Rios (520) 884-7131

A look at what's happened in the last few months

AT THE TUCSON INDIAN CENTER



TIC Native Youth Coalition at Valley Suns Basketball Game!



The Native Youth Coalition attended the Valley Suns basketball game against South Bay Lakers in February! At the end of the game, the participants attended a panel with a couple of Valley Suns players, and received insight on the effects of tobacco usage in professional athletes.



Native Youth Coalition at the Tucson Rodeo Parade!

The Native Youth Coalition decorated and participated in the Tucson Rodeo Parade! They completed their STAND campaign, Through with Chew, aimed at raising awareness of the harmful effects of using smokeless tobacco products and discourage its use. If you're interested in participating in fun events and educating your peers about the harmful effects of tobacco usage, join the Native Youth Coalition!



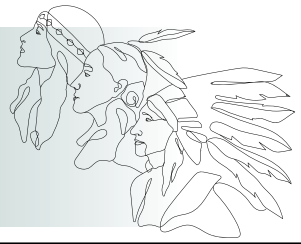
Pottery Burning Session

If you attended our Pottery Class, you may have had the wonderful opportunity to take part in a pottery firing experience last month. Participants came together to burn their pottery pieces, share stories, and connect in a welcoming space guided by our amazing instructor, Lisa Ortega. It was a special time of creativity, culture, and community.



Upcoming Events

AT THE TUCSON INDIAN CENTER



WALK WITH THE TUCSON INDIAN CENTER

April 18, 2026
Gene C. Reid Park, Tucson
Registration starts @ 7:30 AM

Join us as a walking group!
In support of the American Heart Association's annual Heart Walk
The group will meet southeast of DeMeester Performance Center to check in.

Register:
Email Amber Labahe at alabahe@ticenter.org or call 520-506-7131 ext. 2206

*Snacks and water will be provided
 Wear appropriate clothing and shoes
 *TIC canopy will be set up

Women's Day Event

Friday, April 24, 2026
 From 11-3pm
 Location: Made in Tucson
 309 E. 7th St., Tucson, AZ 85705

75 registration spots available (must be 18 & up)
Pre-registration opens 3/16/2026 and will be closed on 4/22/2026.

For more information, please contact case managers:
 Christina Luna, cluna@ticenter.org, ext. 2229 &
 Loreto Curti, lcurti@ticenter.org, ext. 2235

In accordance with the Americans with Disabilities Act (ADA), the Tucson Indian Center will consider reasonable accommodations for individuals with disabilities. To request an accommodation, please contact: Angela Reyes @ 520-884-7131.

The Tucson Indian Center Domestic Violence Prevention Program is teaming up with the Pima County Sheriff's Department to offer Rape Aggression Defense (R.A.D.) courses designed to teach and empower women and girls ages 12+ against sexual assaults and attacks.

Saturday April 18th & 25th 2026
 8AM-2PM
MUST ATTEND BOTH DAYS TO COMPLETE COURSE!
SPOTS ARE LIMITED

FOR MORE INFO & TO REGISTER CONTACT TANYA

- 📞 520-884-7131
- 📍 Pima County Sheriffs Department Training Center
- 🌐 trios@ticenter.org

WHAT YOU'LL LEARN:

- 📌 Effective & proven techniques
- 📌 Awareness & prevention
- 📌 Risk reduction & avoidance

Tucson Indian Center

MEN'S DAY EVENT

"Honoring All Indigenous Men Giving Strength and Empowerment."

Friday
 June 05, 2026
 12:00pm - 4:00pm
 Armory Park Community Center
 220 S. 5th Avenue

All men are encouraged to participate

- * Guest Speakers
- * Positive Lifestyle
- * Fatherhood
- * Food
- * Health Education
- * Social Support
- * Incentives
- * Raffles

Contact
 Andres Epaloose
 520-884-7131 ext. 2317
andres.epaloose@ticenter.org

Series to Attend

AT THE TUCSON INDIAN CENTER



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!

April 7 & 21
 May 5 & 19
 June 2, 16 & 30
 July 14 & 28

**EVERY OTHER TUESDAY
 OF THE MONTH**

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

5:30 PM - 7 PM

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

**WE PROVIDE
 THE BOOK
 FOR FREE!**



THE TUCSON INDIAN CENTER IS HOSTING DRUM GROUP

Men who identify as male and are 14 years of age or older are welcome to join our Men's Drum Group. This gathering is open to beginners as well as elders who wish to share their knowledge, songs, and experiences.

This group gathers every other week from 5:30-7:00 p.m. at the Tucson Indian Center. Here are the scheduled 2026 dates:

April 15th & 28th,
 May 12th & 26th,
 June 9th & 23rd.

Please arrive on time, as the drum is opened promptly and no entry will be allowed after 5:45 p.m. to honor the circle and the time we share together.

Questions? Please contact Misty or Halia at 520-884-7131 or TICWDA@TICENTER.ORG



IN ACCORDANCE WITH THE AMERICANS WITH DISABILITIES ACT (ADA), THE TUCSON INDIAN CENTER WILL CONSIDER REASONABLE ACCOMMODATIONS FOR INDIVIDUALS WITH DISABILITIES. TO REQUEST AN ACCOMMODATION, PLEASE CONTACT THE SPIP/SAMHSA TEAM.

Tucson Indian Center



Modern Matriarchs

A welcoming space for teen girls, college students, young women, mothers and elders to connect, move, spend time together and build sisterhood.

This isn't therapy just real conversations, good vibes and community

2nd and 4th
 Saturday of
 every month

10:00 AM



Location
 Changes:
 info sent
 before each
 month

- ☆ All ages welcomed - teens through adults
- ☆ Come as you are
- ☆ No pressure to talk or participate in everything

- ☆ Activities change and may include:
- ☆ Hikes & nature walks
- ☆ Picnics & park hangouts
- ☆ Yoga in the park
- ☆ Play dates & kid-friendly meetups

Scan here to register



Registration is recommended

MORE INFO:
 Tasha L.

tlaaba@ticenter.org
 520-884-7131

The project described was supported by Grant Number 90NA8477-01-01 from Administration for Native Americans

Services Update

AT THE TUCSON INDIAN CENTER



LOOKING FOR A JOB? WE CAN HELP!



**The Tucson Indian Center hosts
New Client Orientation every
Monday from 11:00 a.m. to 12:00
p.m.
Job Club every Thursday from
10:00 a.m. to 11:00 a.m.**

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

IN ACCORDANCE WITH THE AMERICANS WITH DISABILITIES ACT (ADA), THE TUCSON INDIAN CENTER WILL CONSIDER REASONABLE ACCOMMODATIONS FOR INDIVIDUALS WITH DISABILITIES. TO REQUEST AN ACCOMMODATION, PLEASE CONTACT: STELLA TARIN, JERRY ROMERO OR RENEE URBINA.

Veterans Arizona@works April 02, 2026
Nesco April 9, 2026
KE&G Construction April 16, 2026
Pima County Human Resources April 23, 2026
Pascua Yaqui Danielle Obregon April 30, 2026

TUCSON INDIAN CENTER
160 N STONE AVE
TUCSON, AZ, 85701
(520) 884-7131
WWW.TICENTER.ORG

QUESTIONS? CONTACT:
STELLA TARIN,
STARIN@TICENTER.ORG

JERRY ROMERO,
JROMERO@TICENTER.ORG

RENEE URBINA,
RURBINA@TICENTER.ORG

Pima C.A.R.E.S.

Our Core Services

Health Promotion Specialist

- 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

(520)884-7131 Ext. 2301

www.ticenter.org

Overdose rates remain high amongst Native American/Indigenous populations. Because of this, we are committed to doing everything we can to connect our community members with Narcan

If you know someone who is ready, or even considering treatment, detox, or other support services but isn't sure where to begin, please contact our office.

We also welcome referrals of locations where homeless Native Americans may be staying so we can share information about how our program may support them.

Activities Update

AT THE TUCSON INDIAN CENTER



CONTACT

AMBER LABAHE

alabahe@ticenter.org
520-506-7131 ext.
2206

WELLNESS WEDNESDAYS



WALKING WARRIORS

8:30 AM -
9:30 AM

Explore
downtown and
exercise with
community
members

FOOD DEMONSTRATION

9:30 AM -
11:00 AM

Learn more
about nutrition,
Type 2 Diabetes,
and taste
amazing healthy
recipes.

FITNESS CLUB

11:00 AM -
12:00 PM

Have you been
wanting to
exercise but don't
know where to
start? Start here
at Tucson Indian
Center!

Cholla Bud Pico de Gallo

Ingredients:

- 1/2 cup dried cholla buds
- 1/4 cup chopped red and green onions
- 1/4 cup chopped any color bell pepper
- 1/3 cup diced tomatoes (fresh or canned)
- 2 Tb fresh, chopped cilantro
- 2 Tb fresh squeezed lime juice
- 2 tsp minced, jalapeno peppers (optional)
- 1 tsp salt

Nutritional Highlights:

- Cholla buds are high in fiber and an excellent source of calcium.
- 3.5 oz of cooked cholla buds have about 3 times the daily requirement of calcium for pregnant and breastfeeding people.
- Fiber helps regulate blood sugar and calcium is great for strong teeth and bones

Directions:

- Add dried cholla buds to a pot big enough to cover the cholla buds with a few inches of water and bring to boil.
- Reduce heat to a simmer and simmer until buds are soft (1 1/2 - 2 hours, you may need to add more water during this time).
- Drain cholla buds, chill until cool and chop. Combine all other ingredients with the chopped cholla buds and mix together.
- Season with salt, lime juice, cilantro and jalapeno (optional) to your preference.

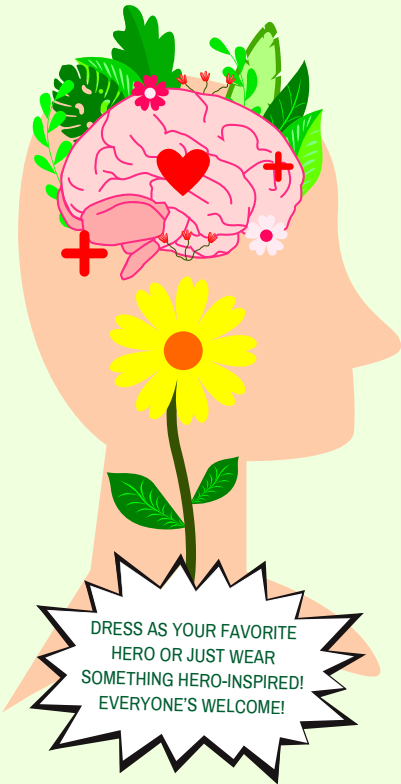


Recipe courtesy of AJO Farmer's Market, adapted from
"I'Itali's Garden" Tohono O'odham Food Traditions

HEROES FOR HOPE



BE A HERO. BRING HOPE.
LET'S STAND TOGETHER TO MAKE
A DIFFERENCE—COME
CELEBRATE MENTAL HEALTH AND
SPREAD AWARENESS!



MAY 2, 2026

FUN RUN/WALK: 9AM - 9:30AM

EVENT: 10AM - 2 PM

**LOCATION: EL PUEBLO ACTIVITY
CENTER 101 W IRVINGTON RD
BUILDING 9, TUCSON, AZ 85714**

- Games • Open Mic • Vendors*
- Art & Creativity • Face Painter •*
- Entertainment • Resources •*

QUESTIONS OR COMMENTS

CALL HALIA SHIRLEY AT 520-884-7131

EXT. 2318

EMAIL TICWD@TICENTER.ORG

**IN ACCORDANCE WITH THE AMERICANS
WITH DISABILITIES ACT (ADA), THE
TUCSON INDIAN CENTER WILL
CONSIDER REASONABLE
ACCOMMODATIONS FOR INDIVIDUALS
WITH DISABILITIES. TO REQUEST AN
ACCOMMODATION, PLEASE CONTACT
ANGELA REYES AT 520-884-7131.**



REMEMBRANCE & REFLECTION

Adult Grief Support and Processing Group

TUESDAYS 3PM-4PM

Join us to explore what grief means, what to do with those feelings and find healthy ways to remember our loved ones

STARTING MARCH 3RD

ATTEND IN PERSON AT TIC

ATTEND ONLINE

Speak to Tanya or Alyssa to get
Zoom meeting information

520-884-7131

trios@ticenter.org

adreiling@ticenter.org

Tucson Indian Center Staff

Executive Director

Jacob Bernal
Chemehuevi

Executive Assistant

Yolanda Valenzuela
Pascua Yaqui

Client Service Support Specialist

Lauren Kaibetoney
Navajo

Operations Director

Michael Mulligan

Human Resource Generalist

Jorge Molina

Building Maintenance Safety Officer

Jackie Shemesh

Client Service Support Specialist

Althea Randel

Finance Director

Michael E. Spotted Wolf
Seminole Nation of Oklahoma

Finance Operations Manager

Vacant

Staff Accountant

Vacant

Accountant Clerk

Claudia Oldman
Navajo

Wellness Department

Grants & Services Manager

Mildred Manuel

Akimel O'odham/ Yaqui

Wellness Case Manager

Christina Luna

Wellness Case Manager

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

Ashley Monreal

Youth & Community Health Educator

Jovon Boling

Navajo

Diabetes Prevention Specialist

Amber Labahe

Navajo

Wellness Family Health Advocate

Andres Epaloose

Navajo/Hopi/Zuni

Wellness Director

Veronica Boone
Laguna Pueblo/Navajo

Health Promotion Specialist

Marlene F. Jose

Tohono O'odham

Transportation Specialist

Vacant

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

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

Vacant

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 (4/6, 4/13, 4/20, 4/27)**
Contact: Tucson Indian Center
- **Job Club – Every Thursday 10:00am-11:00am (4/2, 4/9, 4/16, 4/23, 4/30)**
Contact: Social Services Department, see page 8 for details
- **Native Sisters in Recovery - Thursdays (4/2, 4/9, 4/16, 4/23, 4/30) @ 4:15pm—5:15pm**
Contact: Wellness Case Managers
- **White Bison Recovery Group - Thursdays (4/2, 4/9, 4/16, 4/23, 4/30) @5:30 pm—6:30pm**
Contact: Wellness Case Managers
- **AIIR (American Indians in Recovery) AA Mtgs. - Fridays (4/3, 4/10, 4/17, 4/24)
@ 8:30 am - 9:30 am, Contact: Wellness Case Managers**
- **Native Youth Coalition – 4PM - 6PM, Wednesdays (4/1, 4/8, 4/15, 4/22, 4/29)**
Contact: Jovon Boling jboling@ticenter.org
- **2 Spirits of Tucson Support Group - April 13, 2026 5:30PM - 7:00PM**
Contact: Marlene F Jose mjose@ticenter.org
- **Coffee and Bingo - Every Friday - 10 AM - 12 PM**

**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.