



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

May 2026 Vol. 54 ISSUE 17 WWW.TICENTER.ORG

**Office is open 8:00am to
5:00pm, Monday-Friday
TIC will be closed May 25, 2026
for Memorial Day**



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



YouTube @tucsonindiancentertalks



WELCOME TO THE TUCSON INDIAN CENTER NEWSLETTER

**In this newsletter you
can expect:**

It is hard to believe that we are already in the month of May—it feels like the year just began, and now summer is almost here. Time is moving fast and the school year is quickly coming to an end.

To all of the graduates and the Class of 2026 — Congratulations!!! You have worked hard, overcome challenges, and continued to grow in remarkable ways. This is your moment. You did it and now it is time to move on to a new adventure in this next chapter of your life. Embrace it with courage, determination, confidence; never give up as you step into the bright future full of opportunities that lies ahead.

This month we recognize the following important awarenesses:

- Mental Health Month
- Missing and Murdered Indigenous Women and Girls Month
- Lupus Awareness Month
- National Foster Care Month
- National Stroke Month
- National High Blood Pressure Education Month
- National Nurses
- Skin Cancer Prevention & Awareness

Let us take this opportunity to educate ourselves and support these vital causes.

May we continue to stand by one another, lift each other up, and cherish the moments that fill our lives with joy. This month, the Tucson Indian Center is excited to kick off a variety of wonderful events, and we warmly invite you, your family, and your friends to join us at our upcoming events.

- Missing and Murdered Indigenous Women, Girls, Men, and Two-Spirit People
- Heroes for Hope
- Missing and Murdered Indigenous Women Awareness Event: Honoring our Women and Relatives

Please remember to visit the Tucson Indian Center's website, like and follow us on social media to stay informed about announcements, daily posts, and upcoming events.

Have a great month of May—enjoy reading our newsletter!

Page 1. Executive Director Updates	Page 7. Series to Attend
Page 2. Updates	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

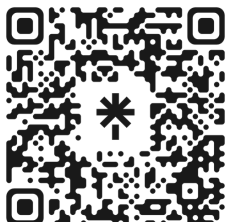


VISIT OUR SOCIAL MEDIA:

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

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

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



Jacob Bernal/Executive Director

Updates



Operations Department Update

I hope this message finds you blessed, happy, and in good health.

Several months ago, I shared that Tucson Indian Center would be undertaking an important roof and HVAC replacement project. At that time, we anticipated some temporary interruptions to certain services and programs. Due to unforeseen delays within the procurement process, the project timeline was extended. I appreciate your patience as we worked through those challenges.

I am pleased to share that we are now back on track and moving forward.

As this work begins, there may be occasional adjustments to services, programs, or access within the building. While it is our goal to minimize any disruption, some temporary inconveniences are unavoidable. We are committed to communicating clearly and consistently throughout this process.

I encourage you to stay informed by checking our website, social media platforms, and posted notices here at the Center for the latest updates.

This project represents an important investment in the safety, comfort, and long-term sustainability of our facility. It allows us to continue providing quality services in an environment that supports the well-being of our patients, clients, and visitors for years to come.

Thank you in advance for your understanding, patience, and continued support. It is truly appreciated.

Warm regards,
Michael Mulligan
Operations Director

**THANK YOU
AIIHA!**

AIIHA hosted a hygiene drive in April for TIC on U of A campus for our relatives in need.

American Indian and Indigenous Health Alliance (AIIHA) is an undergraduate and graduate student organization based at the University of Arizona Mel & Enid Zuckerman College of Public Health that seeks to enrich and foster the educational and professional experience of Indigenous students at the University by offering diverse avenues of support that are responsive, adaptive, and efficient to meet the needs of Indigenous students, and by so doing increase the representation of Indigenous students in health disciplines.

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

Know the Signs. Stop the Spread.

Awareness for Human Metapneumovirus (HMPV)

What is HMPV?

Human Metapneumovirus is a **common respiratory virus** that can cause illness ranging from mild cold-like symptoms to severe lung infections.



**TUCSON INDIAN CENTER
RODNEY W. PALIMO, SR. CLINIC
160 N. STONE AVE**



Stop it before it starts!

Don't wait for HMPV to find you!

Symptoms to Watch For:

- Cough
- Fever
- Runny or stuffy nose
- Shortness of breath
- Wheezing
- Fatigue

IF YOU'RE EXPERIENCING ANY SYMPTOMS, CALL OUR CLINIC TODAY (520) 506-7131

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.

Our Services

Primary Care

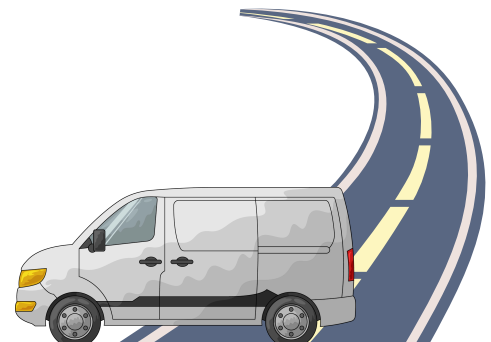
- Adult & Pediatrics
- Vaccines/Immunizations
- Well-child visits
- Physical Exams (Sports/School)
- Health Screenings
- Medication management/refills
- On-site Laboratory services
- Chronic Condition Management
- Referrals for Specialty Care Service
- Disease Prevention
- Women's Health Exams

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

Highlights

AT THE TUCSON INDIAN CENTER



May is Missing and Murdered Indigenous Women (MMIW) Awareness Month



May is recognized as Missing and Murdered Indigenous Women (MMIW) Awareness Month, with May 5th marking the National Day of Awareness. This time raises awareness of the disproportionate violence faced by Indigenous women, girls, and Two-Spirit relatives.

Communities show solidarity by wearing red, hanging red dresses, and holding vigils to honor those impacted. MMIW Month is both a remembrance and a call to action—urging us to break the silence, address systemic injustice, and support efforts like Savanna's Act to protect Indigenous communities.

MMIW Awareness Event: Honoring Our Women & Relatives



Art Exhibit



Drum Group & Dancers



Indigenous Fashion Show

MAIN EVENT

4700 S LANDING WAY
TUCSON, AZ 85714

Hosted at

Main Event - Tucson,
in collaboration with

Tucson Indian Center and
community partners.

SUNDAY, MAY 3 2026 4-7 PM

Community Participation
Welcome!

We welcome community organizations, artists, and vendors to share resources, artwork, and information.

To participate, please reach out:

Tasha L.

tlabahe@ticenter.org

Join us for an evening of community, culture, and awareness, dedicated to honoring the lives of Missing and Murdered Indigenous Women & Relatives, as we create a space for reflection, healing, and resilience.

MAIN EVENT

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



Native Youth RISE invites you to

Native Youth Wellness Warrior Camp

Build strength. Find balance. Stay connected to culture.



Who should attend?

Native youth ages 11-18

- Entering Middle School and High School students

What you'll experience:

- Native wellness
- Traditional fitness & movement
- Youth leadership
- Healthy relationships
- Healing, growth, and self-discovery

June 10 to 12, 2026

8:30 AM - 4:00 PM (Daily)

Pima Community College

Desert Vista Campus

5901 S Calle Santa Cruz

Join us for a powerful 3-day experience where youth connect to culture, build leadership skills, and learn what it means to be a good relative. Through movement, games, workshops, and healing activities, youth will gain tools to live a healthy, balanced life.



Only 50 spots available—register today!



To register or learn more, contact Dynnika at

dtso@ticenter.org

520-884-7131 Ext. 1028

Program Details:

- Free to all participants
- Day camp (not overnight)
- Lunch and light snacks provided daily
- Transportation available if needed (pick-up/drop-off at the Tucson Indian Center)

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.

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

AT THE TUCSON INDIAN CENTER



TIC Native Youth Coalition Keeping Tobacco Sacred

Our Native Youth Coalition continues to spread their message, “**Keep Tobacco Sacred.**”

The youth participate in the garden group at Mission Garden to help with the Three Indigenous Gardens: Hohokam, O’odham & Yoeme. Every month they complete chores such as feeding the chickens, watering plants, picking weeds, and picking seeds. Our Native Youth Coalition is open to new members year-round! If you’re interested, contact Jovon!



✉ jboling@ticenter.org ☎ (520)884-7131

GONA

That’s a wrap on GONA – March 2026!

What an incredible two days filled with connection, culture, laughter, learning, and healing.

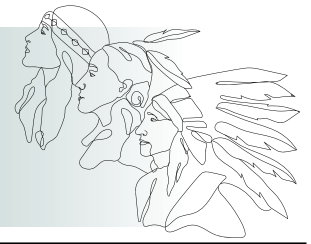
A heartfelt thank you to everyone who showed up with open hearts and positive energy—you are what made this gathering so special. And a huge shoutout to our amazing facilitators for guiding us with such care, creating a space that was safe, empowering, and deeply impactful.

We’re already looking forward to the next GONA... stay tuned!



Upcoming Events

AT THE TUCSON INDIAN CENTER



"TODAY WE REMEMBER AND HONOR THE THOUSANDS OF MISSING AND MURDERED INDIGENOUS WOMEN, GIRLS, MEN, AND TWO-SPIRIT PEOPLE INCLUDING THOSE LOST FROM OUR LOCAL COMMUNITY"

MMIWGM&2S WEDNESDAY
MAY 13, 2026
6:00PM-8:00PM

Tucson Indian Center
 160 N Stone Ave
 Tucson, AZ 85701

Speakers
 Food & Drinks will be provided

Information contact:
 Jerry R Romero
 jromero@ticenter.org
 520-884-7131 ext. 2209

Tucson Indian Center, Social Services Department

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

Native Youth RISE Youth & Family Info Session

Connecting Youth to Leadership, Opportunities, & Community

Learn about our new Native Youth RISE program and explore upcoming summer opportunities for youth and families.

Bring your relatives –everyone is welcome! (No need to be a Tucson Indian Center client)

What to Expect:

- Activities for Middle School Youth & Younger**
 - o Fun, engaging activities focused on wellness and connection
- High School Youth Program Input**
 - o Share your voice, build leadership skills, and help shape the program
- Parent & Guardian Wellness Space**
 - o A space to relax with reflexology and meditation services

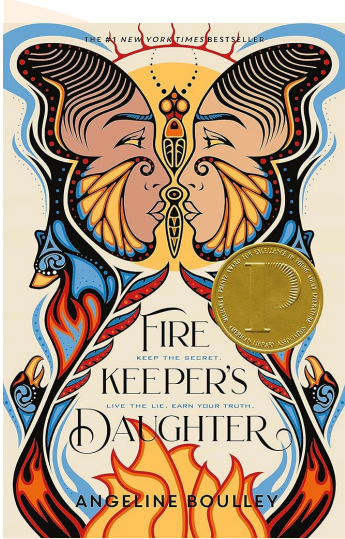
June 06, 2026
 10:00 AM – 2:00 PM
 CHECK-IN STARTS AT 9:45 AM
Location: Tucson Indian Center
Lunch will be provided to all attendees!

For more info & to register, contact Dynnika:
 dtso@ticenter.org
 520-884-7131 Ext. 1028

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.

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!

**EVERY OTHER TUESDAY
OF THE MONTH**

5:30 PM - 7 PM

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

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

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

**WE PROVIDE
THE BOOK
FOR FREE!**



RAINBOW BITES & DELIGHTS

Functional Nutrition Therapist
Practitioner (FNTP).



Rainbow aspires to educate Indigenous people and those of all walks of life on the importance of healthy food and lifestyle.

Learn about healthy meals, food preparation, and Diabetes Management/Prevention with Rainbow and our community.

Every Wednesday at
 Tucson Indian Center
 (2nd floor Conference Room)
 9:30 AM to 11:00 AM

> REGISTER NOW
 Amber Labahe
alabahe@ticenter.org
 or call 520-506-7131 ext. 2206



Reflexology with Frank Ramos

Certified Reflexologist

What is Reflexology?

Pressure points on your feet are massaged, and these pressure points are connected to different parts of the body, including the ears, back, shoulders, etc.



The Special Diabetes Program for Indians encourages you to book a 15-minute session with our Reflexologist to receive the following benefits:

- Pain relief/ management
- Improved circulation
- Reduced stress/anxiety
- Relaxation

Tucson Indian Center
 2nd floor Meeting Room
 (11:00 a.m. - 1:00 p.m.)

May 13
 May 27
 June 10
 June 24

*Call to reserve time

Register: Amber Labahe
alabahe@ticenter.org
 520-506-7131 ext. 2206

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.

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.

<p>Veterans Arizona@works May 7, 2026</p>
<p>KE&G Construction May 14, 2026</p>
<p>Caregiving Rasa Navarro Manager May 21, 2026</p>
<p>Savita Caregiving Cynthia Romero May 28, 2026</p>

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

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:



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

For more info, please contact Dynnika:

dtso@ticenter.org

520-884-7131 Ext. 1028

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.

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.
tlaabahe@ticenter.org
520-884-7131

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

Activities Update

AT THE TUCSON INDIAN CENTER



NEW YOGA CLASS



Join us every
Wednesday to practice
full-body mobility,
strength, flexibility,
and focus.

All levels are
encouraged to
attend.

Mindfulness

Stress Relief

Chair Yoga

Fitness

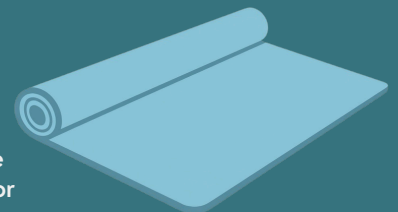
To register, contact:
Amber Labahe
alabahe@ticenter.org
(520)-506-7131 ext. 2206

Tucson Indian Center
2nd Floor Conference Room

11:00 a.m. – 12:00 p.m.



May 6
May 13



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.

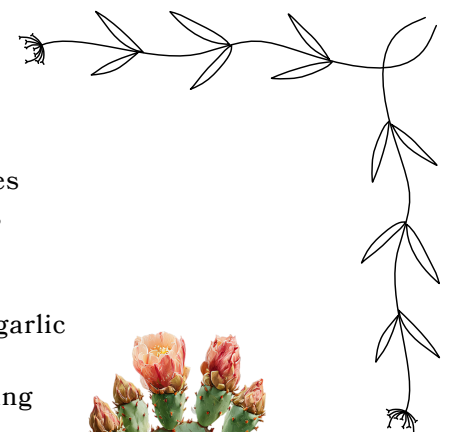
Nopales Tacos

Ingredients:

- 2 Nopales Pads
- 1 cup black beans
- 1 cup corn
- 1 cup white onions Limes
- Cumin
- Salt
- Pepper
- Garlic
- Cilantro

Directions:

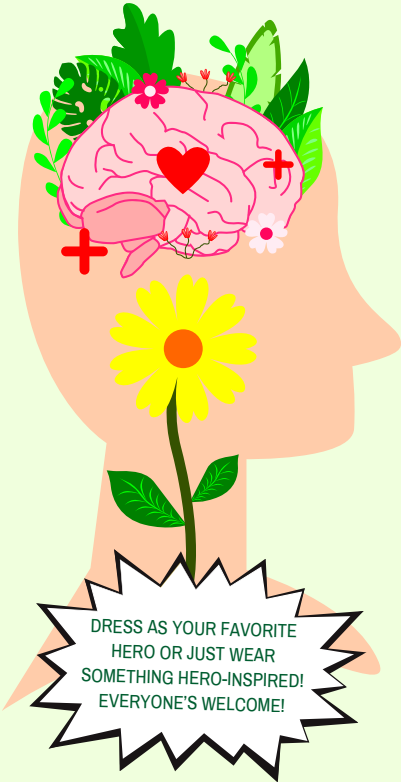
- On Medium high heat, cook the nopales until tender and majority of the cactus juice (slime) has evaporated.
- In another pan, heat olive oil.
- Cook onions until translucent, add in garlic and cook for a few minutes.
- Add in beans and corn, continue cooking for about 5 min.
- Add in the cooked nopales.
- Season with salt, pepper, cumin.
- Add in lime juice and cilantro.
- Heat tortillas and top with desired toppings.



HEROES FOR HOPE



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



DRESS AS YOUR FAVORITE
HERO OR JUST WEAR
SOMETHING HERO-INSPIRED!
EVERYONE'S WELCOME!

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 HSHIRLEY@TICENTER.ORG
ADREILING@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.**



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:

May 12th & 26th,
June 9th & 23rd.

Questions? Please contact
Misty or Halia at
520-884-7131
email
MCASTRO@TICENTER.ORG
HSHIRLEY@TICENTER.ORG
ADREILING@TICENTER.ORG
AMONREAL@TICENTER.ORG

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.



**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 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

Vacant

Finance Director

Michael E. Spotted Wolf
Seminole Nation of Oklahoma

Finance Operations Manager

Honey Ignacio

Tohono O'odham

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

Youth Specialist

Dynnika Tso

Navajo

Native American Cancer Project Educator

Vacant

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

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

Community Health Representative

Marcella Delgado

Tohono O'odham

Health Promotion Specialist

Vacant

Health Promotion Specialist

Vashti Solis

Community Cultural Specialist & Educator

Javier Aguiñiga

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

Adrea Richmond

Medical Assistant

Andi Morgan

COVID - 19 CHR

Claudia Caudillo

Health Department

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



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

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

www.ticenter.org

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

- **Native Sisters in Recovery - Thursdays (5/7, 5/14, 5/21, 5/28) @ 4:15pm—5:15pm**
Contact: Wellness Case Managers
- **White Bison Recovery Group - Thursdays (5/7, 5/14, 5/21, 5/28) @5:30 pm—6:30pm**
Contact: Wellness Case Managers
- **AIIR (American Indians in Recovery) AA Mtgs. - Fridays (5/1, 5/8, 5/15, 5/22, 5/29) @ 8:30 am - 9:30 am**, Contact: Wellness Case Managers
- **Native Youth Coalition – 4PM - 6PM, Wednesdays (5/6, 5/13, 5/20, 5/27)**
Contact: Jovon Boling jboling@ticenter.org
- **2 Spirits of Tucson Support Group - May 11, 2026 5:30PM - 7:00PM**
Contact: Marlene F Jose mjose@ticenter.org
- **Walking Club - Wednesdays @ 8:30 AM (5/6, 5/13, 5/20, 5/27)**
Contact: Amber Labahe alabahe@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.