



TUCSON INDIAN CENTER NATIVE WELLNESS VOICE

September 2026 Vol. 57 ISSUE 21 WWW.TICENTER.ORG



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

TIC will be closed September 7th for Labor Day, and September 25th in observance of Native American Day.

Visit our employment link or scan the QR Code for any Job Openings:
<http://www.ticenter.org/employment>



WELCOME TO THE TUCSON INDIAN CENTER NEWSLETTER

In this newsletter you can expect:

September is a season of transition—a time to reflect on our accomplishments, prepare for the changing seasons, and continue building a stronger future for our youth, families, and Elders.

We are especially proud of the success of our recent Gathering of Native Americans (GONA), which brought community members together to strengthen connections, promote healing, celebrate culture, and support overall well-being. We also congratulate the participants and organizers of the Miss TIC Pageant, an event that celebrates leadership, cultural pride, and personal growth.

The Tucson Indian Center continues to preserve traditions, expand educational opportunities, promote community wellness, provide health, wellness, and social services, and advocate for the needs of our community.

We encourage and invite anyone seeking employment or career advancement to attend our Job Club. It is held every Thursday from 10:00 a.m. to 11:00 a.m. and provides participants with access to valuable resources, build job readiness skills, and connections to employment opportunities that support long-term success.

September highlights several important awareness campaigns and observances. This month, we take the time to recognize the following:

- Prostate Cancer Awareness
- Childhood Cancer Awareness
- National Recovery
- World Alzheimer's
- Sepsis Awareness
- Hispanic Heritage (begins Sept 15)
- Alcohol & Drug Addiction Recovery Month
- Healthy Aging

These causes and observances remind us of the importance of compassion, advocacy, and community care, and inspire us to work together to build healthier and stronger communities.

We hope that you and your family make plans to attend our amazing and exciting upcoming events that are right around the corner:

- Hope for Life
- Mural Painting
- Orange Shirt Day

Enjoy our Newsletter and don't forget to follow us on social media to stay updated on our upcoming exciting events and announcements.

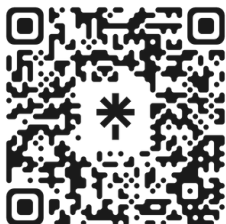
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VISIT OUR SOCIAL MEDIA:

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

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

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



Jacob Bernal/Executive Director

Updates



Operations Department Update

Greetings,

It is my hope that this message finds you and your loved ones blessed, healthy, and happy.

A lot has happened at TIC this summer, and I would like to express my heartfelt gratitude to our community for the patience and understanding you have shown throughout this process. We are nearing the completion of the Roof/HVAC Project, which has required the closure of the sidewalk along the Alameda Avenue side of the building for nearly three months. This project is the largest facilities improvement project in TIC's history and will help ensure a cooler, safer, and more comfortable environment for everyone who visits and works at the Tucson Indian Center.

I would also like to extend my sincere thanks to the TIC staff and Board of Directors for the faith they placed in me and our Facilities Manager as we navigated this complex project. A tremendous amount of planning, coordination, and effort went into making this vision a reality. Thanks to their support, patience, and trust, we were able to work through the challenges and bring the project to a successful conclusion.

While there are still a few final items to complete, construction is expected to wrap up in September. We are grateful to be in the home stretch and are looking forward to returning to a sense of normalcy very soon.

On behalf of all of us at TIC, thank you again for your patience, encouragement, and continued support. We are honored to serve this community and look forward to welcoming you into an improved facility for years to come.

With gratitude,
Michael Mulligan
Operations Director

TIC Inaugural Miss Tucson Indian Center Pageant



On August 8th, Tucson Indian Center held its inaugural Miss Tucson Indian Center Pageant! Contestants D'Aaliyah Yazzie (Navajo), Mikaela Nahsonhoya (Tohono O'odham/Hopi), and Naiyma Jennessa Martinez-Trujillo (Pascua Yaqui) showcased their contemporary and traditional talents. Crowned Miss Tucson Indian Center 2026 is Naiyma Jennessa Martinez-Trujillo and 1st Attendent Mikaela Nahsonhoya! Congratulations to our crowned winners and all contestants who participated!



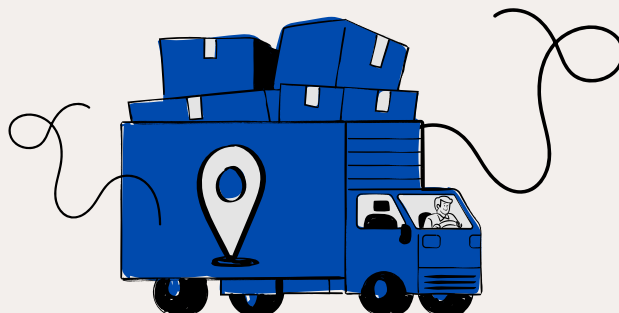
TUCSON INDIAN CENTER
RODNEY W. PALIMO, SR. CLINIC

WE'RE MOVING BACK



ON MONDAY, AUGUST, 31ST THE CLINIC WILL
BE BACK AT 160 N STONE AVE

THANK YOU
FOR YOUR PATIENCE WHILE WE WERE IN OUR
TEMPORARY LOCATION



160 N Stone Ave | 520-506-7131

NEED MENTAL HEALTH SUPPORT?

TUCSON INDIAN CENTER IS
HERE TO HELP



Our therapists are currently accepting new patients and are here to support your mental and emotional well-being with **Same Day** scheduling available!

We offer:

- ✓ **Same Day** Behavioral Health Intakes/Assessments
- ✓ **Same Day** Behavioral Health Therapy Services

Contact Us to schedule:

Phone: 520-506-7131

160 N. Stone Ave.

Highlights

AT THE TUCSON INDIAN CENTER



Horsehair Basketry

Horsehair Basketry classes, taught by Elizabeth Ortega, brought together community members of all ages and from many different places to learn this meaningful traditional art. Participants traveled from Tucson, the Phoenix Valley, and Ajo to take part in the classes. Children, teens, college students, and elders all gathered together, creating a beautiful intergenerational learning experience. Elizabeth Ortega shared the history and meaning behind horsehair basketry while guiding participants through the process of creating their own baskets. She spoke about the importance of teaching our children and younger generations so that these teachings do not end with us, but continue to be practiced, shared, and remembered. More than learning how to make a basket, participants were learning about cultural responsibility, connection, and the importance of keeping traditional practices alive.

Gathering of Native Americans (GONA)

We wrapped up our GONA, with our partner, the Pascua Yaqui Tribe. We had 51 participants join us for two days filled with laughter, learning, connection, culture, and healing. As a community, we came together to celebrate resilience and unity. Thank you to everyone for opening your hearts and mind to make this community event special for all.



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

AT THE TUCSON INDIAN CENTER

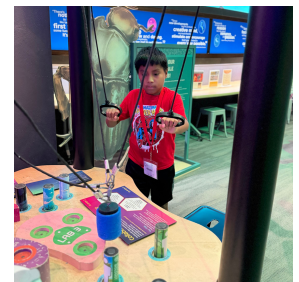


Youth Powwow Dance

The Special Diabetes Program for Indians is excited to announce that it has begun its youth powwow dance class. Our first class introduced basic footwork that also taught powwow etiquette and gave everyone a chance to introduce themselves. We are excited to continue our classes to provide exercise, community, and promote overall wellness for our youth.

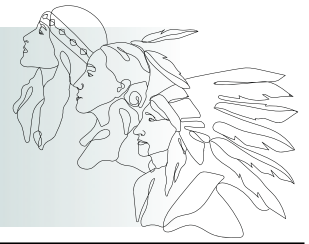


In July, we held our 2026 Young Indigenous Wellness Camp, for youth between the ages 7-12. The youth got the chance to connect with their peers over the course of 4 days. Within the camp, they learned about TIC programs, the importance of mental health and community, expression through art, healthy foods, Native seeds, cultural competency, and resilience. They engaged in multiple activities including crafts with bracelets, painting, scrap books, and took tours of Biosphere 2 and the Planetarium. We were happy to provide a fun camp to the youth before the start of school, and connect the youth closer to their community and peers!



Upcoming Events

AT THE TUCSON INDIAN CENTER



HOPE FOR Life



Spreading Wings of Hope

Join us for an evening of suicide prevention and mental health awareness. Together, we can **BREAK THE STIGMA**, build **HOPE**, and access valuable mental health **RESOURCES**.

THURSDAY, SEPTEMBER 10 HOPE FOR LIFE COMMUNITY EVENT

We invite you to share a photo of a loved one who has died by suicide to be placed on the "Remember Me" Tree 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

For parking Validation at both events, please park at the Wells Fargo Parking lot next to Tucson Indian Center on 35 E Alameda St

City High School 47 E Pennington St,
Tucson, AZ 85701
Time: 4pm-7pm

FRIDAY, SEPTEMBER 11 PAINT BY NUMBER MURAL PAINTING

Help us create a lasting symbol of hope in our community, along with a discussion with First Responders.

Tucson Indian Center
Time: 5pm-7:30pm

For more info:
Ashley Monreal 520-884-7131
amonreal@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 Veronica Boone at 520-884-7131.



The Special Diabetes Program for Indians introduces Youth Powwow Dance Classes



Tucson Indian Center
160 N. Stone Ave
Tucson, AZ, 85701
(2nd floor conference room)



Dates/Time: (5 PM – 7 PM)
• September 15, 22, 29
• October 6

Registration required for
equipment/supplies



Questions/Registration:
Amber Labahe
alabahe@ticenter.org
520-965-4754

FREE to young Indigenous
boys ages 7-13.
MAX CAPACITY: 15 youth.

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 Amber Labahe at 520-884-7131.

Learn Men's Fancy Dance
from Nicolas Littleman.



Nicolas teaches powwow etiquette, the history and significance of Men's Fancy Dance, Native values, and wellness, inspiring audiences of all ages to honor Indigenous cultures while empowering the next generation through cultural knowledge and leadership.

TUCSON INDIAN CENTER PRESENTS

VOICES OF RESILIENCE: ORANGE SHIRT DAY GATHERING



TUESDAY,
SEPTEMBER 30, 2025
10:30AM – 3:30PM

UNIVERSITY OF ARIZONA,
CAMPUS STORE
1209 E UNIVERSITY BLVD,
TUCSON, AZ 85721

Speakers

Experience
sharing

Lunch

Memorial
Walk

JOIN US IN HONORING SURVIVORS, REMEMBERING THE CHILDREN WHO NEVER MADE IT HOME, AND SUPPORTING HEALING FOR OUR COMMUNITY.

WE INVITE ALL COMMUNITY MEMBERS — TO STAND TOGETHER IN REMEMBRANCE.

For More Info:
Tasha L.



160 N. Stone Ave, Tucson Az, 85701
520-884-7131 ext. 2306

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

Series to Attend

AT THE TUCSON INDIAN CENTER



Elder Monthly Luncheon (for Native Americans over 55 years)

Last Wednesday of the month, 12:00pm-3:00pm

Join us for the monthly Elders Luncheon. Come enjoy a delicious meal, fellowship, laughter, and time together in community. We look forward to honoring and celebrating our elders each month. All elders are welcome!



September 30, 2026
October 28, 2026



RSVP by September 15th with Marlene (520) 884-7131 ext.2238 or mjose@ticenter.org



WELLNESS WEDNESDAY SUMMER SCHEDULE

July 2026 - September 2026

7:30 AM - 8:30 AM Walking Warriors

Begin your day with a walk Downtown Tucson and enjoy the early morning.

8:30 AM - 9:30 AM Fitness Club

Exercise with a group that has questions about where to begin. Need a routine? Start here.

9:30 AM - 11:00 AM Food Demo

Learn about nutrition, Type 2 Diabetes Prevention & Management, and taste healthy recipes.

Join us every Wednesday at Tucson Indian Center
160 N. Stone Ave, Tucson, AZ, 85701

Contact Amber Labahe for more information:
alabahe@ticenter.org
520-884-7131 ext. 2206

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Relaxation & Reflexology

LOCATION

Tucson Indian Center
160 N. Stone Ave,
Tucson AZ 85701
(2nd Floor Meeting Room)

UPCOMING DATES

- September 9
- September 23
- October 14
- October 28
- November 25
- December 9



11:00 AM - 1:00 PM

BOOK NOW

This service is provided by the
Special Diabetes Program for
Indians.

Questions/ Registration
Amber Labahe:

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

This practice is performed by our Certified Reflexologist. Book a 15-minute appointment to receive a foot massage.

Why would you need a foot massage?

As different pressure points are massaged on your feet you experience pain relief, improved circulation, relaxation, and reduced symptoms of stress/ anxiety.

Is it painful?

Most people find it relaxing, rather than painful. Steady and firm pressure is applied using a foot cream. Many describe it as a soothing massage.

Is reflexology safe?

This is considered safe. If you have specific health concerns it is best to consult your health care advisor.

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Services Update

AT THE TUCSON INDIAN CENTER



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

LOOKING FOR A JOB? WE CAN HELP!



Enrollment includes:

Job referrals

Resume workshops

Job readiness training

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

September 2026 Job Club schedule
Thursdays from
10:00AM - 11:00AM

Guadalupe Gray

Veterans
Arizona@works
September 3, 2026
Time: 10:00am-11:00am

Tom Barkowski

Pima County Jobs
September 10, 2026
Time: 10:00am-11:00am

Tasha Flores

NESCO
September 17, 2026
Time: 10:00 AM-11:00 AM

Megan McCallister

StaffZone
September 24, 2026
Time: 10:00 AM-11:00 AM



520-884-7131



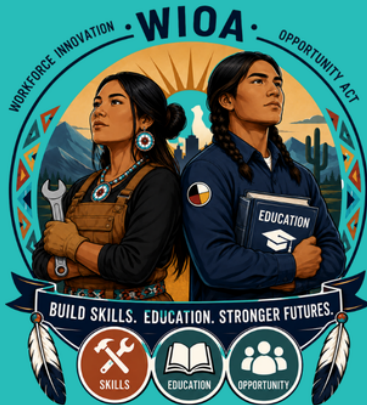
starin@ticenter.org

jromero@ticenter.org

rurbina@ticenter.org



Workforce Innovation And Opportunity Act is a federally funded program for eligible individuals to help prepare for employment, gain new skills and connect with career opportunities that lead to self sufficiency



ELIGIBILITY

- 18 YEARS OR OLDER
- COMPLETE ENROLLMENT
- TRIBALLY ENROLLED
- LIVE IN THE TUCSON URBAN AREA

For more information or to schedule an intake Call (520) 884-7131

● Jerry Romero Ext 2209 ● Stella Tarin Ext 2223 ● Renee Urbina Ext 2224

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: Dylan Baysa (520) 884-2224

**WIOA 166
NATIVE AMERICAN
WORKFORCE AND
EMPLOYMENT PROGRAM
TUCSON INDIAN CENTER
160 N STONE AVE
TUCSON, AZ 85701**

WE CAN HELP YOU



FIND EMPLOYMENT AND CONNECT WITH LOCAL JOB OPPORTUNITIES



BUILD YOUR SKILLS THROUGH EDUCATION AND OCCUPATIONAL TRAINING



CREATE A RESUME AND PREPARE FOR INTERVIEWS



EXPLORE CAREER PATHWAYS AND IN-DEMAND CAREERS



RECEIVE SUPPORTIVE SERVICES THAT MAY HELP REDUCE BARRIERS TO EMPLOYMENT



DEVELOP AN INDIVIDUAL CAREER PLAN BASED ON YOUR GOALS

Activities Update

AT THE TUCSON INDIAN CENTER



Native Youth RISE

Rooted in Culture • Identity • Service • Empowerment



Session 1 Upcoming Workshops & Panel Series



Wednesdays
5:00 – 6:00 PM



Tucson Indian Center
160 N Stone Ave & Virtual

Native Youth RISE is a Youth Community Health Representative (Youth CHR) leadership program for Native high school students.

PARTICIPANTS WILL:



CONNECT WITH
COMMUNITY
LEADERS & HEALTH
PROFESSIONALS



MENTOR MIDDLE
SCHOOL YOUTH &
RECEIVE
MENTORSHIP



RECEIVE HEALTH &
WELLNESS
EDUCATION &
TRAINING



Session 1:
Aug. 26 – Oct. 7
Session 2:
Oct. 14 – Dec. 16



Every Wednesday
5:00 – 6:00 p.m.

Attend virtually or in person
at the Tucson Indian Center,
160 N. Stone Ave., Tucson, AZ

Questions or need help with
registration?
Email Dynnika Tso at
dtso@tcenter.org



Attend at least five eligible
activities during each session and
receive a \$15 gift card for that
session.

*Eligible activities include
workshops, panel discussions, and
mentorship.

Scan QR code to
Submit Your
Registration Request



Link to form:
<https://forms.office.com/r/ByRaPMcurF>

Aug 26	Indigenous Wellness & Community Care	WORKSHOP
Sept 02	Healthy Futures: Preventing Chronic Disease	PANEL DISCUSSION
Sept 09	Mental Health, Balance & Resilience	PANEL DISCUSSION
Sept 16	Opioid & Substance Use Prevention	PANEL DISCUSSION
Sept 23	Native Journeys into Healthcare	PANEL DISCUSSION
Sept 30	Native Leadership in Action	PANEL DISCUSSION
Oct 07	Exploring Native Health Research	WORKSHOP

ABOUT NATIVE YOUTH RISE

Native Youth RISE is a Youth Community Health Representative (Youth CHR) leadership program for Native high school students.

Need help to register?

Email Dynnika Tso at
dtso@tcenter.org

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Mesquite Flour Muffins

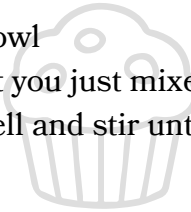
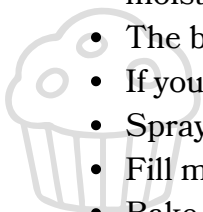


Directions

- Stir together the flours, baking powder and sugar
- Combine egg, milk, and applesauce in a different bowl
- Make a well in the center of the dry ingredients that you just mixed
- Put the egg, milk, and applesauce mixture in the well and stir until the flours are just moistened
- The batter should be lumpy
- If you mix too much, the muffins will have holes in them
- Spray muffin tins with nonstick spray
- Fill muffin tins $\frac{1}{2}$ - $\frac{2}{3}$ full
- Bake for 20-25 minutes at 400 degrees

Ingredients

- $\frac{3}{4}$ cup mesquite flour
- 1 cup unbleached flour
- 2 tbsp sugar
- 2 tsp baking powder
- 2 egg whites, beaten
- $\frac{2}{3}$ cup skim or lowfat milk
- $\frac{1}{3}$ cup natural applesauce





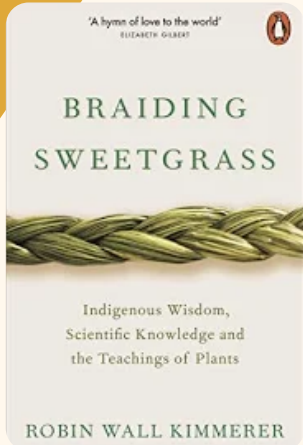
Tucson Indian Center & AISES Presents

Book Club & FOOD DEMO

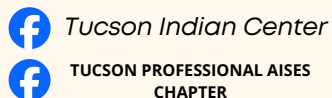
JOIN US ON WEDNESDAY
SEPTEMBER 02, 2026
FROM 5:30P.M - 7:00P.M

**WHETHER YOU'RE HEALING, SUPPORTING OTHERS, OR
SIMPLY LOOKING TO CONNECT. EVERYONE IS WELCOME!**

**COME ENJOY A COLORFUL FOOD DEMONSTRATION
WITH RAINBOW. HAVE MEANINGFUL CONVERSATIONS,
AND THE OPPORTUNITY TO LEARN A NEW RECIPE.**



BOOKS WILL BE PROVIDED



AT THE TUCSON INDIAN CENTER
160 N STONE AVE
ON THE 2ND FLOOR

FOR MORE INFORMATION PLEASE CONTACT
HALIA, ASHLEY OR BELEN AT
(520) 884-7131

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Tucson Indian Center MEN'S DRUM GROUP

SAMHSA
Substance Abuse and Mental Health
Services Administration

All men and boys are invited to join our Men's Drum Group. Youth under 18 must be accompanied by a parent or guardian. A teacher will be present to provide guidance, instruction, and support for those who are learning. Whether you are learning for the first time or carrying songs and teachings to share, come strengthen culture, build community, and honor our traditions together.

6:00pm - 8:00pm

Every Tuesday

For parking validation please park at
the Wells Fargo Parking lot next to
Tucson Indian Center on 35 E
Alameda St



To honor the drum, the circle, and our
shared time together, please arrive by
5:45 p.m.

- September 2026
1, 8, 15, 22, 29
- October 2026
6, 13, 20, 27
- November 2026
3

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

**More Info call Halia Shirley at
520-884-7131 /hshirley@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: Veronica Boone at 520-884-7131.

Tucson Indian Center Staff

Executive Director

Jacob Bernal
Chemehuevi

Executive Assistant

Yolanda Valenzuela
Pascua Yaqui

Human Resource Generalist

Jorge Molina

Client Service Support Specialist

Dani Pacheco
Tohono O'odham

Operations Director

Michael Mulligan

Building Maintenance Safety Officer

Jackie Shemesh

Client Service Support Specialist

Andres Epaloose
Navajo/Hopi/Zuni

Staff Accountant

Maria Hafferkamp

Finance Director

Michael E. Spotted Wolf
Seminole Nation of Oklahoma

Finance Operations Manager

Honey Ignacio
Tohono O'odham

Accountant Clerk

Claudia Oldman
Navajo

Medical Billing & Coding Specialist

Vonda Talawepi
Hopi

Wellness Department

Wellness Director

Veronica Boone

Laguna Pueblo/Navajo

Grants & Services Manager

Vacant

Health Promotion Specialist

Marlene F. Jose
Tohono O'odham

Wellness Case Manager

Christina Luna

Wellness Case Manager

Loreto Curti

Prevention & Education Specialist

Vacant

Native Connections Project Coordinator

Vacant

Transportation Specialist

Maria Vasquez

SAMHSA Youth Specialist

Ashley Monreal

Health Promotion Specialist

Vacant

Prevention & Education Specialist

Halia Shirley

Navajo

Youth & Community Health Educator

Jovon Boling

Navajo

Health Promotion Specialist

Vacant

Diabetes Prevention Specialist

Amber Labahe

Navajo

Community Cultural Specialist & Educator

Javier Aguiñiga

Domestic Violence Prevention Specialist

Belen Lopez

Pascua Yaqui

Youth Specialist

Dynnika Tso

Navajo

Native American Cancer Project Educator

Vacant

Health Department

Health Services Director

Phoebe Cager
Yup'ik

Medical Director

Peter Ziegler MD

Family Physician

Dr. Paul Weintraub

Family Health Advocate & Community Health Rep

Carolyn Tapia

Medical Business Office Manager

Katrina Rodriguez

Family Physicians Assistant, PA-C

Juniper Dery-Chaffin

Grants & Services Manager

Adam Fernandez

Rarámuri & Guachichil

Family Physician

Dr. Joan MacEachen

Medical Assistant

Andi Morgan

Admin Assistant

Jaden Hale

Navajo

Pediatrician/Pediatric Consultant

Dr. Marisa Werner

Community Health Representative

Marcella Delgado

Tohono O'odham

Behavioral Health Therapist

Aurora Ramirez

Family Nurse Practitioner

Diana Bautista

Behavioral Health Therapist

Claudia Ramirez

Social Services

Department

Social Services Director

Dylan Baysa
Choctaw

Intake & Support Services Case Manager

Jerry R. Romero

Tohono O'odham

Community Engagement Coordinator

Tasha Labahe

Navajo

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

Christine Nelson
Navajo

Secretary

Amalia Reyes
Pascua Yaqui

Yolanda Molina

Pascua Yaqui

Olivia Villegas - Liston

Tohono O'odham



**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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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 (9/8*, 9/14, 9/21, 9/28) @ 11:00am–12:00pm**
Contact: Tucson Indian Center
*September 7th orientation moved to Tuesday, September 8th
- **Native Sisters in Recovery - Thursdays (9/3, 9/10, 9/17, 9/23*) @ 4:15pm–5:15pm**
Contact: Wellness Case Managers
*September 24th meeting moved to Wednesday, September 23rd from 4:15pm - 5:15pm
- **White Bison Recovery Group - Thursdays (9/3, 9/10, 9/17, 9/23*) @ 5:30 pm–6:30pm**
Contact: Wellness Case Managers
*September 24th meeting moved to Wednesday, September 23rd from 5:30pm - 6:30pm
- **AIIR (American Indians in Recovery) AA Mtgs. - Fridays (9/4, 9/11, 9/18, 9/24*) @ 8:30 am - 9:30 am**, Contact: Wellness Case Managers
*September 25th meeting moved to Thursday, September 24th from 8:30am - 9:30am
- **Native Youth Coalition – Wednesdays (9/2, 9/9, 9/16, 9/23, 9/30) @ 4:00pm-6:00pm**
Contact: Jovon Boling jboling@ticenter.org
- **2 Spirits of Tucson Support Group - September 14th @ 5:30pm - 7:00pm**
Contact: Marlene F Jose mjose@ticenter.org
- **Walking Club - Wednesdays (9/2, 9/9, 9/16, 9/23, 9/30) @ 7:30am**
Contact: Amber Labahe alabahe@ticenter.org
- **Coffee and Bingo - Every Friday - 10 AM - 12 PM**
 - **NO Bingo on September 25th**

**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 Veronica Boone at (520) 884-7131 or ticwd@ticenter.org.