

HONORING THE SACRED

52 Week Batterer's Intervention Class



All sessions will be held in the Sequoia Room (upstairs from the Dental Clinic) on Wednesdays from 5:30- 7:30

Registration Required

In this Batterer's Intervention Program, participants will learn how to end the cycle of violence in our families and recreate peaceful relationships based on reclaiming traditional values, belief systems, and life ways. The natural, traditional, life ways rest upon values, which are reflected in our behaviors and relationships with all things.

For enrollment information contact:
Albert Titman @ (916)341-0576 ext. 2209
Email: albert.titman@snaahc.org

RED ROAD

12 Step Support Group

All sessions will be held in the Behavioral Health Clinic on Mondays from 5:30-7:30

Pre-Registration is required
Class is limited to 30 participants

This support group offers sobriety, recovery, addictions prevention, and sobriety /Wellbriety learning resources to attendees. This group also includes White Bison teachings, Medicine Wheel teachings, and recovery support.

For more information contact:
Albert Titman Sr. @ (916)341-0576 ext. 2209
Email: albert.titman@snaahc.org



ANGER MANAGEMENT

12 Week Class

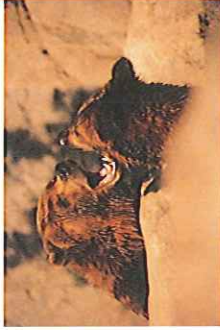
All sessions will be held in the Kutba Classroom in the Medical Clinic on Wednesdays from 5:30- 7:30PM.

Registration Required Beginning October 4th

This 12 week course will be focused on developing Anger Management skills, managing anger in a healthy way, improving relationships and setting goals.

**Enrollment letter and Certificates of Completion will be provided

For enrollment information contact:
Kathryn Wulf@ (916)341-0576 ext. 2210
Email: kathryn.wulf@snaahc.org



YOGA FOR WELLNESS

Interested to find positive ways to deal with stress and chronic pain?
Yoga can give you the tools to do just that!

The *Yoga Seed* is hosting Yoga for Wellness class each week here at SNAHC.

These beginner classes are the perfect addition to any wellness plan. Expect to leave feeling refreshed, energized, relaxed, and with qualities we all need to live well!

Prizes, materials, and snacks will all be provided!
**Instructor can make accommodations for mobility.*

Thursdays 1:00pm - 2:00pm

All sessions will be held in the Sequoia Room



For more information contact:
Nicole Bozzo@ (916)341-0576 ext. 2248
Email: Nicole.bozzo@snaahc.org

CULTURE IS PREVENTION

Workshops

Join the Sacramento Native American Health Center, Inc. for a FREE interactive workshop focusing on suicide prevention education, healthy living and personal wellbeing. Please join us for snacks and cultural arts such as beading, medicine bag making and other fun traditional arts.



2nd and 4th Tuesday of each month!

All elders, youth families and community members are welcome.
****Healthy snacks and materials will be provided****



SACRAMENTO COUNTY

This program is funded by the Sacramento County Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).

For more information contact:
Tasha Norton @ (916)341-0576 ext 2292
Email: tasha.norton@snaahc.org

H.O.P.E

Healing Our People Through Education

A support group for those who are walking the Red Road to Recovery

All sessions will be held in the Behavioral Health Department on Tuesdays and Thursdays from 3pm-5pm

This course is designed to help individuals who want to maintain total *Wellbriety* and sobriety, to successfully cope with life's struggles, manage emotional issues, and to learn tools for enhancing their quality of life while recovering from addiction and alcoholism. This course also includes learning the skills and techniques for preventing relapse.

For more information contact:
Kathryn Wulf @ (916)341-0576 ext. 2210
Email: kathryn.wulf@snaahc.org