



CULTURE IS PREVENTION

2ND AND 4TH TUESDAY OF THE MONTH ◇ 5:00PM - 7:00PM



Culture is Prevention is a FREE interactive workshop focusing on suicide prevention education, healthy living, and personal wellbeing. These workshops will follow the GONA themes of Belonging, Mastery, Interdependence, and Generosity while completing cultural arts such as beading, medicine bag making, and other traditional teachings.

All materials are provided! Dinner is served from 5:00pm to 5:30pm.

Culture is Prevention is open to the public and meets in the Sequoia Room. We encourage all elders, youth, and families to attend.

FOR MORE INFORMATION, CONTACT **KRISTIN RODRIGUEZ**
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This program is funded by the Sacramento County Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).