

INDIGENOUS STRESS MANAGEMENT SESSIONS

COVID-19 hasn't been easy on us or our families.

Come in for a session and learn how to create solutions to:

- **Social isolation**
- **Lack of social interaction for youth**
- **Financial stressors**
- **Fear and worry about going out in public or back to work**
- **Access to normal social support networks**
- **Any other life stresses you are facing**

BRADLEY CASTILLO FROM SALISH HEALTH WILL BE ON SITE TO HOST ONE-ON-ONE SESSIONS AIMED AT CREATING HEALTHY RESPONSES TO STRESS



SALISH HEALTH
HEALING THROUGH TRADITION

From Salish Health:

We help indigenous people gain, retain and exercise skills to cope with and overcome stress responses to trauma.

WHEN:

**Mondays, Tuesdays
and Wednesdays
9am - 4pm**

WHERE:

The Recovery Cafe

To sign up: call

Josette Ross at

**360-413-2707 or the
MAs at**

360-459-5312