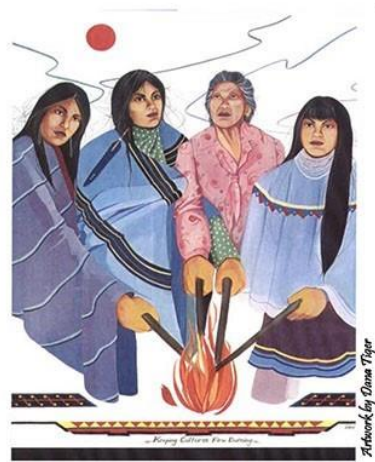




Daughters of Tradition



<https://www.facebook.com/Native-American-Resource-Center-2022643034636171>

Culture is Prevention!

- Learn from elders, peers and community members about ways to recognize, avoid, and get help for problems that you see or experience
- Explore these three questions: Who am I? Why am I? Where am I going?
- Know what it is like to belong to a healthy group and participate in healthy thinking and healthy activities.
- **In our meetings we do a lesson and a craft or talking circle usually. (Zoom virtual meetings)**
- Raffle and prizes for good attendance.

Our Daughters of Traditions hosts are from the Native American Resource Center of San Manuel Indian Health Clinic. We will meet every other Thursday at 4:00pm (California Time) starting on January 14th and 28th, 2021

To sign up please email Ms. Sisquoc at lorene.sisquoc@bie.edu

We will send you a DOT workbook/tee shirt and email you the link to our online meetings each session.