



## Tribal Colleges and Universities Head Start Partnership

Increasing Staff Access to Higher Education

# VIRTUAL SUCCESS WORKSHOPS 12:00-1:30pm

*Each session will consist of culturally relevant trainings and presentations covering the follow:*

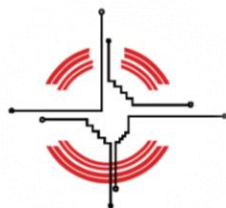
Diné knowledge sharing on:

- Protective factors to enhance self-care, resilience, & balance.
- Importance of creating positive self-awareness & identity.
- Building healthy connections & relationships with people, nature, & self.
- Creating a holistic approach to healthy goals, life skills, & helpful resources.
- Assertive thinking
- Steps to initiating mindfulness.

Join Zoom Meeting

<https://washington.zoom.us/j/92036617452>

Meeting ID: 920 3661 7452



### Save the Dates

March 9, 2023

The Wellness Warrior:  
Resilience in Motion

March 23, 2023

Adééháníih: Self  
Awareness & Identity

April 6, 2023

The Value of K'e:  
Building Healthy  
Relationships

April 20, 2023

Hozho Nashaado

May 4, 2023

The Blue Bird's Song:  
The Value of Assertive  
Thinking

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