



Tribal Colleges and Universities Head Start Partnership

Increasing Staff Access to Higher Education

VIRTUAL SUCCESS WORKSHOPS 12:00-1:30pm

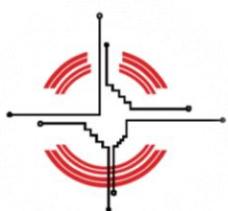
Each session will consist of culturally relevant trainings and presentations covering the follow:

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
Adééhániih: 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

Center for InterCultural Care, LLC
Lorenzo R. Jim, LADAC
Licensed Alcohol Drug Abuse Counselor
Dine Hataalii Association,
Certified Hataalii & Traditional Counselor