



# FIRST NATIONS STUDIES & HIR WELLNESS INSTITUTE

## Talking Circles to Support Native Youth Wellness

Learn cultural teachings from Indigenous healers and leaders to help heal stress, navigate coping strategies, and reduce or eliminate self-harm, substance use, and suicidal thoughts.

*Free!  
Light Refreshments*

Open to Native American youth in MPS, ages 11–18

Weekly on Tuesdays or Thursdays

5:00–7:00 p.m.

HIR Wellness, 3136 W. Kilbourn Ave.

Virtual accommodations available



### REGISTRATION AND INFORMATION CONTACTS:

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*Sign Up Today!*

