

Join us in honoring our wellness this month for MENTAL HEALTH AWARENESS MONTH!

Suquamish Tribe Wellness in partnership with Suquamish community invite you to participate in supporting wellness with culture. All activities/events are open to the Suquamish Community. *Please see calendar for details.*

Weekday Wellness Activities: Each weekday of the month of May join us in connecting with ourself and culture to support our wellness. Monday Meditations, Tuesday Traditional Crafts, Wednesday Walk or Jog, and Thursday Canoe Journey Giveaway making.

Events/Presentations: Please join us in food, crafts, fun field day, storytelling, workshops, and training this month. Frybread Tacos, Happy box and aroma therapy making, Seven Grandfather Teaching for Youth, Nutrition and Wellness Talk, and Mental Health First Aid Training for Adults.

Personal Wellness Journey Booklet: Self-guided booklet utilizing evidence-based and cultural-based practices to support holistic wellness (available for pick up at Wellness Center or electronically at request via email to oponce@suquamish.nsn.us)

31 Days of Mental Wellness for Youth: In partnership with the ELC and Youth Center, Wellness will support both agencies in a 31 days of mental wellness activities that can be done both at the centers and at home.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Meditation with Olivia at Wellness from 12-1 pm	2 Traditional Crafts with Kylie from 3-5 pm at Elder's lunchroom	3 Walk it Out Wednesday with Anya at HOAC 12-1 pm Jog for Health with Brian at Wellness 4:30-5:30 pm	4 Canoe Journey Giveaway Thursday with Tina and Kippy from 11-6pm at Old Tribal Center (far right entrance) 15838 Sandy hook Rd Fry Bread Taco Party 12-1:30 pm at Wellness	5	6
7	8 Meditation with Olivia at Wellness from 12-1 pm	9 Traditional Crafts with Kylie from 3-5 pm at Elder's lunchroom	10 Walk it Out Wednesday with Anya at HOAC 12-1 pm Jog for Health with Brian at Wellness 4:30-5:30 pm Happy Box making 12-3 pm tribal council chamber light lunch provided	11 Canoe Journey Giveaway Thursday with Tina and Kippy from 11-6pm at Old Tribal Center (far right entrance) 15838 Sandy hook Rd Happy Box making 12-3 pm tribal council chamber light lunch provided	12 Field Day Fun with wellness from 5:00-6:30 pm at the House of Awaken Culture lawn	13
14	15 Meditation with Olivia at Wellness from 12-1 pm 18490 Suquamish Way, Suite 107	16 Traditional Crafts with Kylie from 3-5 pm at Elder's lunchroom Seven Grandfather Teachings for kids virtually from 5:30-6:30 pm (Zoom ID: 838 8535 7935 Passcode: 509005)	17 Walk it Out Wednesday with Anya at HOAC 12-1 pm Jog for Health with Brian at Wellness 4:30-5:30 pm	18 Canoe Journey Giveaway Thursday with Tina and Kippy from 11-6pm at Old Tribal Center (far right entrance) 15838 Sandy hook Rd Nutrition and Wellness Talk with Rachel Parson 5:30-6:30 pm (Zoom ID: 858 5079 1025 Passcode: 344244)	19	20
21	22 Meditation with Olivia at Wellness from 12-1 pm	23 Traditional Crafts with Kylie from 3-5 pm at Elder's lunchroom	24 Walk it Out Wednesday with Anya at HOAC 12-1 pm Jog for Health with Brian at Wellness 4:30-5:30 pm	25 Canoe Journey Giveaway Thursday with Tina and Kippy from 11-6pm at Old Tribal Center (far right entrance) 15838 Sandy hook Rd Mental Health First Aid Training with Dr. Britni at Old Tribal Computer Lab from 8 am -4 pm.	26 PRIZE GIVEAWAY!!!!!!	27
28	MEMORIAL DAY 29	30	31			