



Xchngí7n, slhtálengexw i7 kw selí7

Mind, Body, Soul and Spirit

2021

Connecting to better trust our hearts, our minds, our intuitions, the senses of our bodies, and the blessings of our spirit. Joining, in trust, to enter a sacred space, to love, and to live beyond our fears. To walk with the confidence of who we were created to be knowing that each day is a new beginning.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Rotating Topics 12:00-1:00pm September: Personal Finances</p> <p>October: Bullet Journaling</p> <p>November: Healthy Relationships</p> <p>December: Mindfulness</p>	<p>Elá7e7nexw Employment & Training Client Support Group 10:00-11:00am</p>	<p>Parenting Support 10:00-11:00am</p> <p>Wellness Wednesday Grief Support 12:00-1:00pm</p> <p>Organization and Chat 1:00-2:00pm</p>	<p>Resilience Through COVID 10:00-11:30am</p>	<p>Yoga 9:00-10:00am</p>
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Class Descriptions

Monday Monthly Rotating Classes:

- **September- Personal Finances:** Discuss and learn about banking, types of credit, credit scores, budgeting, saving, and other topics of interest that relate to personal financial wellness.
- **October- Bullet Journaling:** Learn about this customizable and forgiving organization system that can help manage your to-do-lists, projects, personal journaling, calendar events, and so much more!
- **November- Healthy Relationships:** Using the medicine wheel, learn to better harness your internal locus-of-control and relate to others you are in relationship with.
- **December- Mindfulness:** Learn about and practice using mindfulness as a form of evidence-based meditation to become more aware of the present moment.

Contact: Donna Adamson dadamson@samishtribe.nsn.us

Elá7e7nexw Employment & Training Client Support Group:

Support, encourage, and share with others who are working on employment and training goals.

Contact: Donna Adamson dadamson@samishtribe.nsn.us

Wellness Wednesday Grief Support:

Please join us to talk about grief and support each other as we mourn our losses.

Contact: Donna Adamson dadamson@samishtribe.nsn.us

Parenting Support:

Each class will cover at least a half an hour of topic content and a half an hour of discussion. To focus on positive reinforcement for parents and will discuss what positive reinforcement is, reframing language, “little victories,” picking battles with children, and child personalities.

Contact: Donna Adamson dadamson@samishtribe.nsn.us

Organization and Chat:

Healthy housekeeping tips and chatting about life events and supporting each other.

Contact: Patricia Breckenridge pbreckenridge@samishtribe.nsn.us

Resilience Through COVID:

Please join us to share challenges and strategies for personal wellness through COVID.

Contact: Donna Adamson dadamson@samishtribe.nsn.us

Health and Wellness Circle:

Learn about and discuss different topics at each gathering. Topics will range from mindfulness and grounding, nutrition, to boundary setting, and living in recovery. Contact Desirée-Kay for topic schedules and to register for the group.

Contact: Desiree-Kay Robinson drobinsn@samishtribe.nsn.us

Yoga

This group is led by 500hr RYT to help us get up, moving, stretching, and connecting our body, breath, and mind. This is an all-levels class and will provide modifications or advanced options for those who want/need them. This class is open to all Samish citizens. You will want a mat or flat non-slip surface on which to practice.

This class has a limit of 10 and requires a camera to be on to ensure the safety of all participants.

Contact: Jacqueline Martin jmartin@samishtribe.nsn.us