



Northern Valley Indian Health

YOUR HEALTH. OUR MISSION.



## NATIVE AMERICAN GROUP

Come hang out with friends and learn in a fun, supportive space at your school!

This co-ed group is all about building **life skills**, exploring **healthy alternatives to substance use**, and connecting with **Native American culture** and traditions.

We'll do hands-on activities, group discussions, and cultural projects that help you grow, stay strong, and make positive choices.

**Don't forget:** You'll need to have the NVIH Life Skills permission slip turned in before you can join the group.

## WHEN ?

Mondays

10:30-11:30am

