



Sonoma County Indian Health Project, Inc.

P R E S E N T S

ADULT TALKING CIRCLE

**EVERY 1ST THURSDAY
3:00-4:00PM**

**EVERY 3RD THURSDAY
6:00-7:00 PM**

ON ZOOM

Talking Circle includes:

- A space for community healing
- Peer support
- Dialogue of current challenges
- Encourage positive affirmations
- Self care strategies

Receive a \$25 incentive for each session attended

**TO SIGN UP CONTACT: AUPEVENTS@SCIHP.ORG
OR CALL CAROLYN AT (707) 521-4559
OR DEAN AT (707) 565-1032**