

LUNCH & LEARN

Topic: Self-Harm Prevention

Thursday, March 22
12 - 1 p.m.

Saginaw Chippewa Tribal College
East Building Room 6

- Lunch will be provided.

Speaker: Rita Lutes-Pulley

Clinical Therapist, Behavioral Health

Discussion will consist of a wide variety of topics about self-harm prevention. This will include warning signs, coping mechanisms and ways to deal with stress other than self-harm.



**This is a collaboration between the Saginaw Chippewa Tribal College and Behavioral Health Prevention Team.*

For more information:

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Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

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