



#StickAround



#WeNeedYouHere

Send us your videos!

Show us how you are staying healthy both physically and mentally during the Pandemic of 2020.

Submitting short videos:

- **Videos are due by:** Tuesday, Sept. 15, 2020
- **Email videos to:**
 - samachippeway@sagchip.org
 - Ahon@sagchip.org
- Video clips can be taken on your phone, or from TikTok, Boomerang or Snap Chat.
- No longer than 10 minutes.
- Show us a clip of you doing what you did. (example: sang, dance, played video games, etc.)
- **Please include the following information:**

My Name: _____

My Tribe: _____

My Age: _____

During the corona virus pandemic I: _____

Who? Native Youth Ages 12-19

When? Live webcast at:

www.sagchip.org/news.aspx?newsid=3192#.X1ED1JV0zLz

- ▶ **Wednesday, Sept. 9, 2020 @ 4 p.m.**
Laughter is Healing by Christina Osawabine prevention specialist and Anna Hon with intro to Laughter Yoga.
- ▶ **Thursday, Sept. 10 @ 4 p.m.**
We Need You Here Tribal PREP Lesson about suicide prevention by Anna Hon from Nimkee Tribal PREP program
- ▶ **Wednesday, Sept. 16 @ 4 p.m.**
What's the difference between sad/depression and nervous/anxiety. Where and When can I get help? Andrea Hall, Clinical Therapist from SCIT Behavioral Health
- ▶ **Wednesday, Sept. 23 @ 4 p.m.**
Viewing of short clips to submitted by youth to show how they are staying healthy (physically/mentally) during the Pandemic of 2020.



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

7500 Soaring Eagle Blvd.
Mount Pleasant, MI 48858
989-775-4000
www.sagchip.org