

"Life Skills for Everyone"

July 14, 21, 28, 2022

12 - 1 p.m. | SCTC East Building- Room 2

• Light snacks provided

Join us every Thursday in July for laughter and fun as we listen and learn about what it takes to flourish, develop positive relationships, create healthy boundaries, eat healthy, and managing the stress of our daily lives.

Completion of groups will count as double hours for community service - (*Tribal Court Only*)

For more information please contact:

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Educational groups are provided by SAMHSA Emergency Covid-19 Grant Funds





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Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

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