



MAY is Mental Health Awareness Month

Taking care of your physical, social and spiritual health supports your mental health.

Attend events throughout the month to get stamps on your Passport to Mental Wellness, and earn entries into our prize drawing!

Passports will be available at Mental Health Month Kick-off Picnic & participating departments

Week 1: May 2 - 7, 2022

- 5/2 • Recovery Drop In Meeting w/ Bob Storrer:** BH Lodge | 1 pm
- 5/3 • Mental Health Kick off Picnic Featuring Anthony Grupido "The Magic of Hope":** Broadway Park | 5:30 - 7:30 pm
 - **Egaachiinhjik "Little Ones" Program:** ACFS Family Center | 4 - 5:30 pm
- 5/4 • Eagle Feather Teaching w/ Joe Sowmick:** BH Lodge | 1:30 pm
 - **Honoring and Remembering Our Loved Ones:** 7th Gen | 5:30 - 8 pm
- 5/5 • Teen Financial Management:** ACFS | 4 - 5 pm
 - **Drop-in Accupuncture:** BH | 4 - 6 pm
 - **Sewing Nights:** 7th Gen | 5 - 8 pm
 - **Recovery on the Rez:** BH Lodge | 6 pm
- 5/6 • Peer 360 Recovery on the Rez:** BH Lodge | 11:30 am
 - **Anishinaabemowin Words & Games:** ALRD Building | 8 am - 7 pm
- 5/7 • Peer 360 Fireside on the Rez:** BH Lodge | 6 pm

Week 2: May 9 - 14, 2022

- 5/9 • Recovery Drop In Meeting w/ Bob Storrer:** BH Lodge | 1 pm
 - **Traditional Game Night:** 7th Gen | 5 - 8 pm
 - **Women's Talking Circle:** BH Lodge | 5:30 pm
- 5/10 • Drum & Dance Night:** Andahwod | 6 - 8 pm (7th Gen/Bead & PowWow)
 - **Medicine Wheel:** Ziibiwing | 3 - 4:30 pm
 - **Egaachiinhjik "Little Ones" Program:** ACFS Family Center | 4 - 5:30 pm
- 5/11 • Eagle Feather Teaching w/ Joe Sowmick:** BH Lodge | 1:30 pm
 - **Ninja Warrior Course:** Broadway Park | 3 - 5 pm
- 5/12 • Living in Balance with Behavioral Health:** BH | 3 - 7 pm
 - **Teen Financial Management:** ACFS | 4 - 5 pm
 - **Sewing Nights:** 7th Gen | 5 - 8 pm
 - **Recovery on the Rez:** BH Lodge | 6 pm
- 5/13 • Peer 360 Recovery on the Rez:** BH Lodge | 11:30 am
- 5/14 • Lacrosse:** 7th Generation | 5 - 8 pm
 - **Peer 360 Fireside on the Rez:** BH Lodge | 6 pm



For more information, please contact:

Kehli Henry at KHenry@sagchip.org or 989-775-4501

Week 3: May 16 - 21, 2022

- 5/16 • Recovery Drop In Meeting w/ Bob Storrer:** BH Lodge | 1 pm
- 5/17 • Egaachiinhjik "Little Ones" Program:** ACFS Family Center | 4 - 5:30 pm
 - **Anishinaabemowin Learn a Prayer:** ALRD Building | 8 am - 7 pm
 - **Dream Catcher:** Ziibiwing | 3 - 4:30 pm
- 5/18 • Community Health & Fitness Day:** Nimkee Fit Park | 11 am - 2 pm & 4 - 6 pm
 - **Eagle Feather Teaching w/ Joe Sowmick:** BH Lodge | 1:30 pm
- 5/19 • Teen Financial Management:** ACFS | 4 - 5 pm
 - **Drop-in Accupuncture:** BH | 4 - 6 pm
 - **Sewing Nights:** 7th Gen | 5 - 8 pm
 - **Recovery on the Rez:** BH Lodge | 6 pm
- 5/20 • Peer 360 Recovery on the Rez:** BH Lodge | 11:30 am
 - **Unplugging & Reconnecting w/ 7th Generation:** Tawas | Starts at 12 pm
- 5/21 • Unplugging & Reconnecting w/ 7th Generation:** Tawas | All Day
 - **Peer 360 Fireside on the Rez:** BH Lodge | 6 pm

Week 4: May 23 - 28, 2022

- 5/23 • Recovery Drop In Meeting w/ Bob Storrer:** BH Lodge | 1 pm
 - **Gardening Workshop w/ Tina Frankenberger:** 7th Generation | 4 - 6 pm
- 5/24 • Egaachiinhjik "Little Ones" Program:** ACFS Family Center | 4 - 5:30 pm
 - **Bone Bracelet:** Ziibiwing | 3 - 4:30 pm
- 5/25 • Eagle Feather Teaching w/ Joe Sowmick:** BH Lodge | 1:30 pm
 - **Closing Celebration "Laughter is Medicine":** Broadway Park | 5:30 - 7:30 pm
- 5/26 • Teen Financial Management:** ACFS | 4 - 5 pm
 - **Drop-in Accupuncture:** BH | 4 - 6 pm
 - **Sewing Nights:** 7th Gen | 5 - 8 pm
 - **Recovery on the Rez:** BH Lodge | 6 pm
- 5/27 • Peer 360 Recovery on the Rez:** | 11:30 am
- 5/28 • Peer 360 Fireside on the Rez:** BH Lodge | 6 pm

Week 5: May 30, 2022

- 5/30 • Recovery Drop In Meeting w/ Bob Storrer:** BH Lodge | 1 pm



Nimkee Fitness
Open: 8 am - 6 pm, Monday - Friday



Strength and Conditioning
Tribal Gym • 4 - 6 pm • Mon/Wed/Fri



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