

**Chinook Winds
Fitness Center offers
massage therapy**

Chinook Winds Fitness Center now has massage therapy by Colette Mitchell LMT (#15871). A Tribal discount of \$10 off any session is available.

Hours of operation
Tuesday-Thursday – 9 a.m. to 6 p.m.
Friday-Sunday – Noon to 6 p.m.
Closed Monday

Please call the fitness center at 541-994-4474 to schedule an appointment. The fitness center is located at 3245 NE 50th St. in Lincoln City.



COMMUNITY ~ AWARENESS ~ RESPECT ~ EMPOWERMENT

Educating and empowering our community to live a healthy non-violent lifestyle that strengthens spirit for future generations.

Confidential, culturally-specific services

Office: (541) 444-9679

24/7 Support: (541)272-7978



Facebook.com/SiletzCARE

Important Notice!

As of December 20, the Advocate position for the Siletz CARE Program is vacant. Until a new advocate is hired, we are working with My Sisters' Place in Newport to ensure that the Siletz Tribe and community continues to receive needed domestic violence and sexual assault services. If you need to speak with an advocate, please contact My Sisters' Place. If you live outside of the Lincoln County area, My Sisters' Place can connect you with a local agency.



**24-Hour Crisis Line
(541) 994-5959**

**Advocacy Office
(541) 574-9424**

My Sisters' Place (MSP) is a private non-profit program, incorporated in 1980. MSP provides supportive services in Lincoln County, Oregon, to victims of domestic violence, sexual assault, and dating abuse. Services include crisis intervention, emergency shelter, 24-hour crisis line, safety planning, advocacy, court information and support, agency referral, education and outreach activities. If you are in need of emergency services, please call our crisis line, 541-994-5959 or 800-841-8325. If you would like to make an appointment to talk with a victim service provider, please call 541-574-9424.