



# Community Health Department



## WISDOM



### Chronic Disease Self-Management Program

- 1 day a week, 2.5 hours class for 6 weeks
- Free book and Wisdom Warrior Wellness Pouch upon completion of the course!
- The class is for **ANYONE** with a **chronic illness** or those **caring for someone with a chronic illness.**
- **Topics include:** Chronic Disease Management, making action plans, problem solving, dealing with difficult emotions, healthy eating, communication skills, working with your Health Care Provider

**Where:** Portland Area Office-  
12790 Southeast Stark Street  
Portland, OR

**When:** October 4th, 11th  
18th, 25th, November 1st, 8th

**Time:** 11:00 am -1:30 pm

**Snacks and**

**Refreshments to**

**follow**

**Sign up today- space is limited**

For more information or to sign up please call or e-mail:

Rosalie Monroe at 503-238-1512 or VerdeneM@ctsi.nsn.us



Presented by



## Tobacco Prevention

Youth Tobacco 101, Train the trainers! Hosted by Northwest Portland Area Indian Health Board-Indian Leadership for Indian Health and Tribal TPEP Program.

Trainers who presented were Ryan Ann Sealy (Chickasaw), Tobacco Project Specialist and Antoinette Aguirre (Navajo) Cancer Prevention Coordinator with Selene Rilatos, TPEP Coordinator.

We're planning to have the training held at the Siletz Charter School in the Fall.



We have a newly developed "no show" policy for transportation.

Please visit our Facebook page for more details



The CARE Program provides advocacy, direct and support services to victims

and survivors of domestic violence (DV), sexual assault (SA), dating violence and stalking.

We focus on providing culturally appropriate services and education to Native American survivors. We partner with other tribal programs, as well outside agencies in order to find the best options for services for survivors.

### Some of our services include:

- Crisis response
- Safety planning
- Connecting with resources
- Facilitating support groups
- Education & awareness activities
- Training for Professionals
- Moral support
- Court accompaniment
- Direct client support

### Who do we serve?

We can provide services to victims of domestic violence, sexual assault, dating violence or stalking who are:

- Members of the Siletz community
- Members of any tribe who reside in our service area, which includes; Lincoln, Lane, Linn, Benton, Marion, Polk, Washington, Multnomah, Clackamas, Yamhill, and Tillamook counties.
- -OR- Siletz Tribal members living anywhere.

CARE Program services are strictly

**CONFIDENTIAL**

Program Coordinator: Kim Lane.....(541)444-9679  
SA Victims' Advocate: Delina John.....(541)444-9615  
DV Victims' Advocate: Heather Butler..(541)444-9638  
Outreach & Education: Kira Woosley....(541)444-9680

**24 Hour Hope Line:**

**(541)994-5959 • (800)841-8325**