



## Siletz CARE Program

# Trauma Support Group

A safe-space support group that addresses trauma, safety, loss, emotions and the future while

incorporating culturally specific topics and activities

*Community members welcome ~ age 18 and up*



Questions?  
Call the CARE Program  
541-444-9680

Wednesdays • 5:30-7pm • Siletz Health Clinic • Behavioral Health Room

## Community Health Staff

### Siletz Area

#### Community Health Director

Ruby Moon: 541.444.9686

#### Tobacco Prevention & Education Coordinator

Corey Strong: 541.444.9682

#### Community Health Advocates

Amy Garrett: 541.444.9652

Hannah Glaser: 541.444.9613

#### Harm Reduction Outreach Specialist

Francisca Rilatos: 541.444.9672

#### CARE Program

Kimberly Lane: 541.444.9679

Jenifer Metcalf: 541.444.9638

Kira Woosley: 541.444.9680

#### Transportation Coordinator

Cecillie Butler: 541.444.9633

## It's National Nutrition Month!

It can feel overwhelming to be constantly bombarded with information about the latest fad diet or super food. Good nutrition is about having a balanced diet and it is easier than you may think! Try incorporating the following tips to help you and your family to eat healthier.

- Add healthy fats! Good sources of healthy fats include olive oil, nuts, seeds, certain types of fish, and avocados.
- Cut down on sodium! Purchase food that is labeled "low sodium" and avoid prepackaged or processed foods.
- Increase your fiber intake! Good sources of fiber include fresh fruits and vegetables, whole grains, and legumes.
- Make your plate colorful! Foods like dark, leafy greens, oranges, and tomatoes are loaded with vitamins, fiber, and minerals.

