



August, free fast HIV & syphilis testing

8/5/25 in-clinic testing @2:00pm

8/13/25 Siletz pharmacy @2:00pm

8/22/25 Siletz comfort station @10:30am

8/28/25 Siletz pharmacy @10:30am

For any questions please reach out to Siletz Clinic Community Health persons,
Chelcyv@ctsi.nsn.us



2025
Acorn Camp

September 19th - 21st
TouVelle State Park
near Table Rock on the Upper Rogue River

- Gathering & Processing Acorns
- Drumming & Singing
- Sunrise Hike
- Cultural Activities

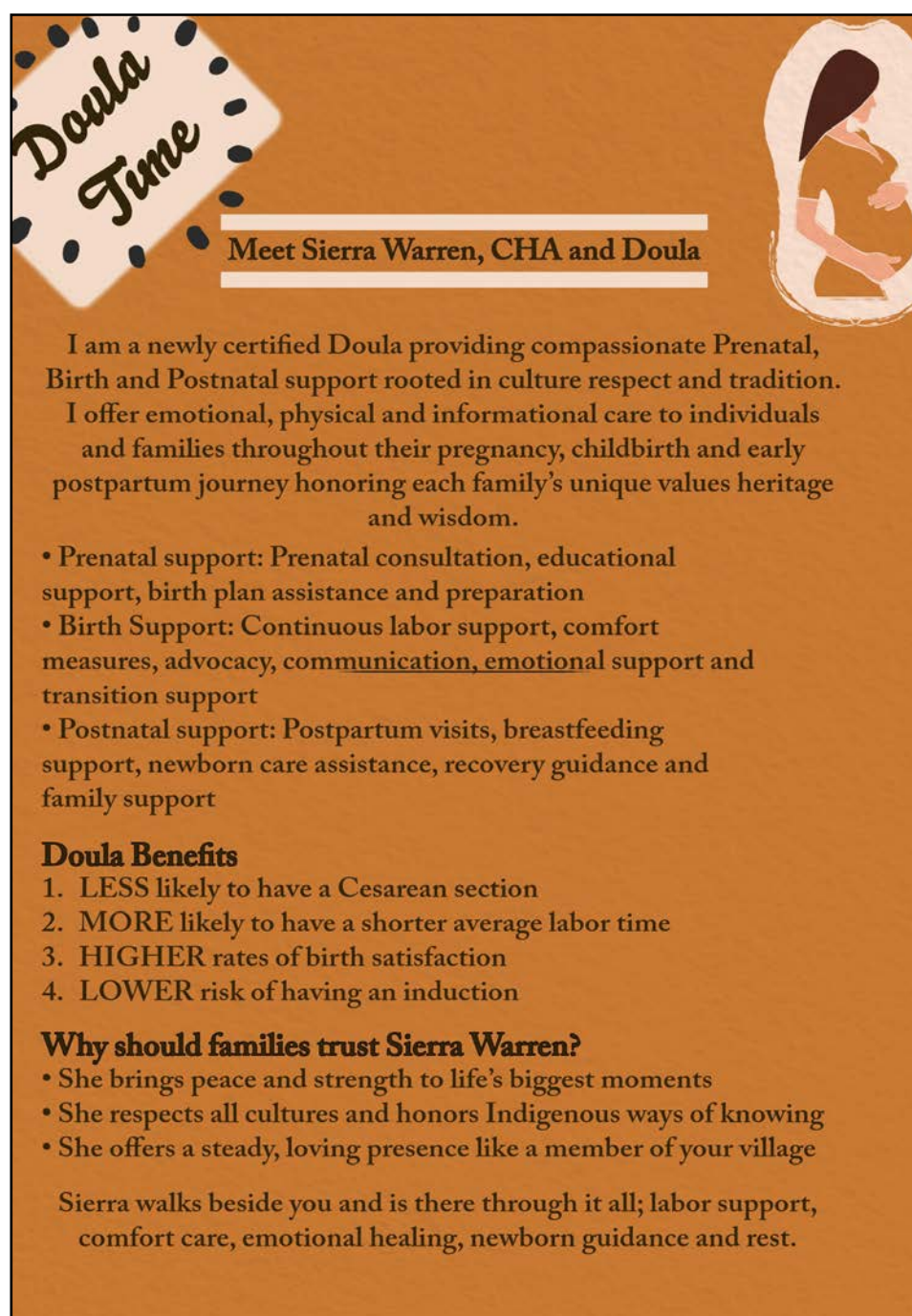
*Space limited - please sign up ASAP.
Registration open until mid-July or until full.*

Contact

Zena Green, Siletz
ZenaG@ctsi.nsn.us

Joseph Ham, Grand Ronde
Joseph.Ham@grandronde.org

Meals Provided!
Camping will be available



Doula Time

Meet Sierra Warren, CHA and Doula

I am a newly certified Doula providing compassionate Prenatal, Birth and Postnatal support rooted in culture respect and tradition. I offer emotional, physical and informational care to individuals and families throughout their pregnancy, childbirth and early postpartum journey honoring each family's unique values heritage and wisdom.

- Prenatal support: Prenatal consultation, educational support, birth plan assistance and preparation
- Birth Support: Continuous labor support, comfort measures, advocacy, communication, emotional support and transition support
- Postnatal support: Postpartum visits, breastfeeding support, newborn care assistance, recovery guidance and family support

Doula Benefits

1. LESS likely to have a Cesarean section
2. MORE likely to have a shorter average labor time
3. HIGHER rates of birth satisfaction
4. LOWER risk of having an induction

Why should families trust Sierra Warren?

- She brings peace and strength to life's biggest moments
- She respects all cultures and honors Indigenous ways of knowing
- She offers a steady, loving presence like a member of your village

Sierra walks beside you and is there through it all; labor support, comfort care, emotional healing, newborn guidance and rest.

Care Program August Events

This August, the CARE Program is excited to create and distribute special artistic activity packets for the community! These kits will include materials to make shawls for women and armbands for men, celebrating creativity and cultural expression.

♥ **Red Shawl Dance!**
Please join us on August 9 at the Nesika Illahee Pow-Wow, in an honor song to support and stand with survivors of sexual assault and domestic abuse, and dance with us in solidarity

♥ **Trauma Support Group**
Meets on alternating Thursdays from 6:15-7:15 p.m. in the Behavioral Health Conference Room at the Siletz Community Health Clinic

For questions contact the CARE Program
at 541-444-9680