



Tribal member Codie Haller laughs as Tribal member Jordan Smith sits on her lap as they participate in a trust exercise during Native Youth Wellness Day. The trust exercise involved all of the youth sitting on the person's lap behind them and if the whole group does it correctly, no one will fall down. It was an exercise in trusting the person in front of you, behind you and them trusting you.

10th annual Wellness Day

The Confederated Tribes of Grand Ronde's 10th annual Native Youth Wellness Day was held in the Tribal gymnasium on Friday, March 16. The event was open to Native American youth in middle school and high school and was led by trainers from Inspire. Motivate. Lead., a purpose-driven company dedicated to the resilience, passion and potential of indigenous communities. Eighty-five youth participated in the event.



Tribal member Andrea Grijalva was one of 20 youth who jumped up when the trainers asked for volunteers, even though they had no idea what they were volunteering for. They were asked to share with the group what they dislike about Natives. Grijalva said that she does not like it when Native youth say that they are part of their community, but they do not show it and do not get involved or attend events.



Tribal members Reece Ebensteiner and Amanda Grijalva make a pair as they play a game similar to musical chairs during Native Youth Wellness Day. For the game, the trainer would call out one of five scenarios and the youth had to group themselves in the number that fit that scenario; the youths who were unable to group themselves were out. This scenario was homies, which required two people to pair up.

Photos by Michelle Alaimo

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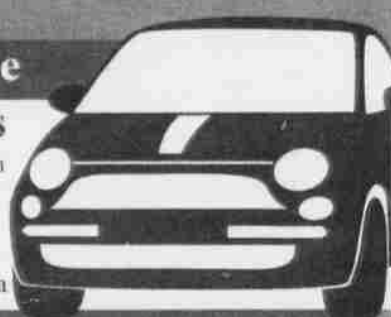
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Transportation to Grand Ronde for Tribal members

The Portland Office has transportation day to Grand Ronde once a month for medical, dental appointments or enrollment cards. We need a minimum of 3 people to sign up. Please call Lisa

503-235-4230

We will leave at the Portland Office at 8 a.m.
Please call in advance for the scheduled monthly date



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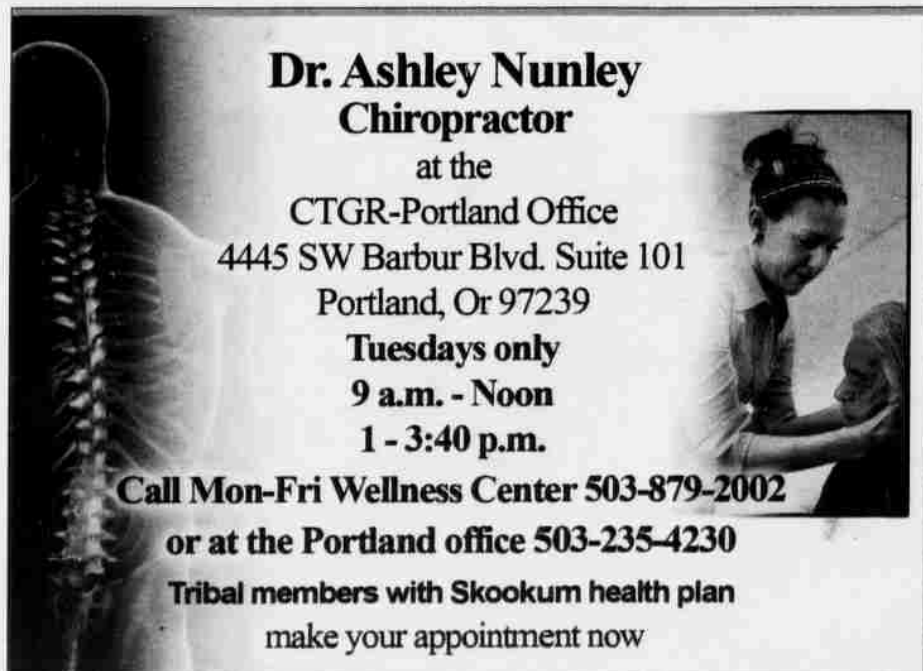
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Call Mon-Fri Wellness Center 503-879-2002

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