

Grand Ronde Health & Wellness Center Optometry

Effective July 1, 2017, Tribal spouses on the Skookum Health Assistance Program will be required to pay overages above the Skookum Health Assistance Program limitations, as well co-pays when receiving optometry services at the Health & Wellness Center. ■

BUCKET GARDENS HAVE RETURNED!

SEE WHAT YOU MISSED OR ADD TO YOUR GARDEN

Did you know you don't need a huge backyard to grow food for your family?



Join the MPFS Garden Department and local Master Gardener's
JULY 21ST, 2017 FROM 10:00AM-12:00PM

ISKAM Mək^hMək-HAWS:
9675 Grand Ronde Road,
Grand Ronde, OR 97347
Coordinator: Francene Ambrose
Phone: 503-879-FOOD (3663)
Email:
fambrose@marionpolkfoodshare.org
Follow us on Facebook!

- Experience the satisfaction of growing your own food!
- Learn how to grow fruits and vegetables in moveable containers.
- Tools available on site.
- Limited quantities of buckets, soil, and seeds will be provided.
- You can learn to grow fruits, herbs, and vegetables!
- You can bring your own containers to be filled with soil.
- Come and ask questions!



Need something notarized?

Tribal Court staff is available at no charge for notaries 8 a.m. to 5 p.m. Monday through Friday with the exception of noon to 1 p.m. Please be sure to bring a photo ID with you. If you have any questions, contact the court at 503-879-2303. ■

ATTENTION CTGR TELEPHONE SERVICE

If you have an emergency and need to dial "911" you must first dial a "9" (9911). The only calls that do not require that you dial a 9+ are those made from the CTGR extensions within the CTGR campus and/or those who use CTGR Tel for their home phone service. ■

Apply now!

Head Start & Early Head Start

Head Start nurtures the growth of you and your child.

Join our supportive community and give your child a strong head start. Apply today!



Enrolling ages birth to 4

For Kids:

- Safe, quality early education
- Qualified teachers
- Healthy meals
- Cultural opportunities
- Enrollment opportunities available for pregnant women

For Parents:

- GED classes
- Connection to housing resources
- Employment assistance
- Parent training & support
- Resources for children with disabilities
- Enrollment opportunities for all income levels



To Learn More: 503-879-2161



Couponing 101 Class



Learn the basics of couponing!



Are you curious about coupons? Want to save money? Would you like to start using them, but not sure how?

Come to our couponing class to learn the basics with Trisha. You will save money and learn how to best use them.

Sunday, July 23
1 p.m.

Iskam Mək^hMək-Haws

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Grand Ronde, OR 97347
Phone: 503-879-3663

fambrose@marionpolkfoodshare.org

https://www.facebook.com/GrandRondeFoodBank/



Class is open to all that are interested. This institution is an equal opportunity provider.

Medicine Wheel & the 12 Steps to Wellbriety



WHO? ALL ARE WELCOME

WHAT? WELLBRIETY TALKING CIRCLE

WHEN? EVERY SATURDAY AT 1:00 P.M.

WHERE? LIGHTHOUSE RECOVERY ON GRAND RONDE RD. GRAND RONDE OREGON