



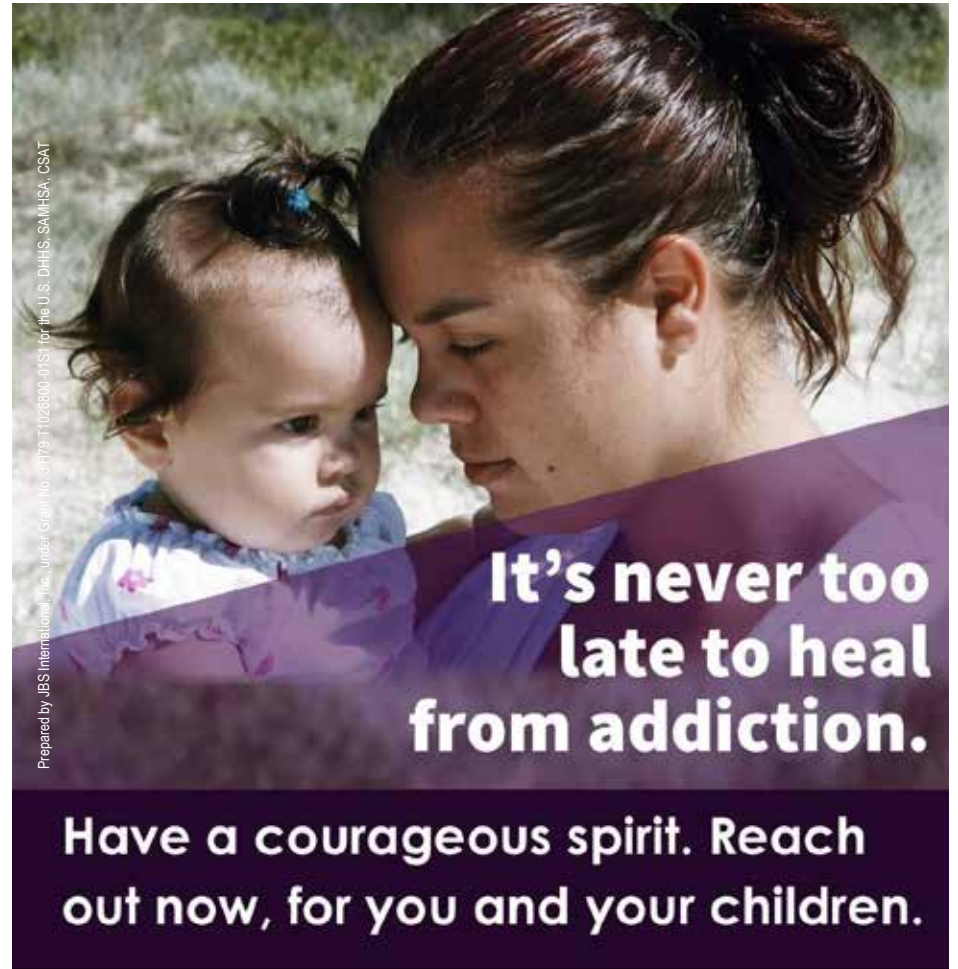
HEALTH & WELLNESS NEWS

Health & Wellness Center entrance

Reminder: The drive-through entrance at the Health & Wellness Center is for loading and unloading only. The entrance was built with our Elders and those with mobility issues and their ease of access in mind.

If you are coming to the center to pick up prescriptions, please park in one of our regular parking spaces.

**Thank you,
Grand Ronde Health & Wellness Center Administration**



Prepared by JBS International, Inc. under contract to the U.S. DHHS, SAMHSA, CSAT

It's never too late to heal from addiction.

Have a courageous spirit. Reach out now, for you and your children.

Grand Ronde Health & Wellness Center
Behavioral Health Program
9605 Grand Ronde Rd.
Grand Ronde, OR 97347
503-879-2026



3 things to stop apologizing for:

When your child is crying.

Try instead to notice why your child is crying. Crying is a normal emotional response that even adults do.

When your child doesn't want to give a hug/kiss to a relative.

Try instead teaching your child that they are allowed to accept or decline physical touch from anyone. People should respect your child's boundaries.

When they're fighting with another child.

Try instead to understand why they're fighting and remember that it's normal to not get along with everyone all the time. If your child was hurtful (physically or emotionally) then their job is to check on the child (Are you okay?) and then you can teach them the skills to repair the relationship.



This information is provided to you by the Indigenous Project LAUNCH (Linking Actions for Unmet Needs in Children's Health). The purpose of this grant is to foster culturally responsive models to support and promote the wellness of children and families.

- Know when to quit
- Don't chase your losses

Prevention, harm reduction, treatment and safe gambling



We can help with responsible gambling

Are you having problems with gambling?

Please meet Sergio Gutierrez, CADC-1, CGAC-1 Chemical Dependency and Gambling Addiction Counselor. Sergio works at the CTGR Behavioral Health Department twice a month from 8:00-5:00pm. Sergio has been practicing since 1997 and is versatile in his knowledge pertaining to gambling addiction. He is ready and eager to help our members in any way he can.

Call now for availability and to make your appointment:

503-879-2026

Gambling Hotline:

1-877-MY-Limit (1-877-695-4648)
or Text 503-713-6000

The odds can be in YOUR favor!!

WEEKLY CHATS WITH THE PEDIATRICIAN!

Tuesdays from 12:15-1:00pm

JOIN US FOR A VIRTUAL Q&A SESSION WITH THE GRAND RONDE PEDIATRICIAN, ALLISON EMPEY

This will be a chance for anyone and everyone to ask questions regarding COVID, schools opening back up, prevention strategies and more! Allison will also be bringing specific topics to some of our meetings.

TO JOIN THIS MEETING GO TO ZOOM.COM AND ENTER THE MEETING ID: 985 3509 1471 AND PASSCODE: 882758