



On Fridays you will receive a message about mental health, a social emotional tip or a simple quote or message of encouragement.

Text JOIN to  
(971) 318-3459




**TRIBAL VETERANS SERVICE OFFICE**

<b>Scheduled Appointments Only</b>	<b>Walk-In Day</b>
<b>Monday</b>	<b>Thursday</b>
<b>Tuesday</b>	

**To schedule an appointment:**  
**Call (503) 879-1424 or**  
**CTGR Tribal VSO@GrandRonde.Org**

## Basic Foundational Yoga with Diana Robertson

Beginner friendly  
Breathing techniques  
Spiritual tools



Yoga is \$5 per class or \$40 for a 10-punch pass. Purchase a yoga pass and get a free drink!

**Monday  
Wednesday  
Friday**  
12:10-12:50 p.m.  
CTGR Community Center




### Parenting as a Team: Enhance Couple's Communication




MONDAY, JANUARY 29, 2024  
FROM NOON-1:00 P.M.  
empoweredparenting.com

WITH KIM DEMARCHI, M.ED.


Discover the underlying causes for a couple's disagreements on parenting and learn how to create peaceful resolutions and get on the "same parenting page".

Please join us online:



<https://bit.ly/CTGRPT2324>

All are welcome!




## West Valley Veterans Memorial Application

Deadline is March 15, 2024

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Gender: Male/Female (Circle) \_\_\_\_\_

Rank: \_\_\_\_\_ Branch: \_\_\_\_\_ Honorable: Yes/No (Circle) \_\_\_\_\_

DOE: \_\_\_\_\_ Place of entry: \_\_\_\_\_

DOS: \_\_\_\_\_ Place of separation: \_\_\_\_\_

Deceased: Yes/No (Circle) \_\_\_\_\_ Place of burial: \_\_\_\_\_

CTGR Tribal: Yes/No (Circle) \_\_\_\_\_ If Tribal, Roll# \_\_\_\_\_

\*All applicants must submit a copy of their DD214. If applicant is deceased, a family member or spouse can submit a copy of their DD214. If you are a CTGR Tribal member please attach a copy of your Tribal ID. If you are non-Tribal please attach a copy of a bill/record with your name and address showing you had lived or now reside in Grand Ronde, Willamina or Sheridan. Please send application and all documents to Grand Ronde Veterans SEB, 9615 Grand Ronde Road, Grand Ronde, OR, 97347. If you have any questions, please contact Chelsea Clark at 503-879-1418 or e-mail: publicaffairs@grandronde.org

Any applications received after March 15, 2024, will be kept on file for inclusion to the Memorial in 2025.