



TEACH our children
our stories

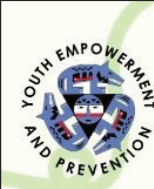
BECOME A TEACHER.
APPLY TO AITP
www.pdx.edu/aitp

AMERICAN INDIAN TEACHER PROGRAM



Happy birthday!
You are such a blessing,
Sinamoxt.
Happy first birthday.
Love, dad, mom, and your
six brothers and sisters.





**MIND STRONG,
SPIRIT STRONG**

Honoring mental health awareness month in our tribal communities

Why mental health matters

- 1 in 5 adults in the U.S. experience mental illness each year.
- Native & Indigenous communities face unique mental health challenges, often tied to historical trauma, social disparities, and lack of access to culturally informed care.
- Suicide is the second leading cause of death among Native youth 10–34.

You are not alone

If you or someone you know is in crisis,
call or text the 988 suicide & crisis
Lifeline – available 24/7 and free!

**Traditional Strength
meets modern support**

Tribal cultures embrace balance and holistic wellness – often tied to connection, storytelling, ceremony, and community, which are all powerful tools for healing. Along side these, mental health services are available to support individuals and families, offering counseling, peer support and wellness programs rooted in both traditional and evidence based care.

Empowerment Through Connection

- **Check in on our loved ones** – a simple conversation can make a world of difference.
- **Reach out** to tribal health services for resources, support, and culturally relevant care.
- **Take part in community events** that support mental wellness

Let’s create a community where asking for help is seen as a sign of strength, where we uplift one another through our struggles, and where every voice matters.

**Grand Ronde
Youth Empowerment & Prevention**

 Grand Ronde Youth Empowerment & Prevention

 CTGRyouthempowerment





TOGETHER, WE ARE MIND STRONG, SPIRIT STRONG

**TERO small business
startup grant**

TERO grant eligibility:

- Must be an established Oregon business with state registry.
- Business must be less than three years old according to your business articles of organization start date: May 1, 2022 or newer.
- Must be a Grand Ronde Tribal member or descendant.
- Must prepare a detailed allocation of how you plan to utilize the funding and how it will benefit your business.
- Applications must be submitted by 5 p.m. Friday, June 6.
- This grant is open to the first 25 completed and eligible applicants, so please get your applications in as quickly as possible. TERO will reach out if anything else is needed to deem your business eligible once your application has been submitted.
- After the interview process, there will be three chosen applicants that will be awarded an \$8,000 grant.

For grant applications or questions please contact TERO.
503-879-2146 • 503-879-2188 • TERO@grandronde.org
9615 Grand Ronde Rd., Grand Ronde, OR 97347



Ad by Samuel Briggs III

YOUTH EMPOWERMENT & PREVENTION

**JUNE
GIFT MAKING**

Help us prepare for Canoe Journey. All are welcome,
come at your lunch or stay the whole time!

DATES & TIMES

WEDNESDAY 4TH, 3:30PM-6:30PM
WEDNESDAY 11TH, 10:30AM-2:30PM
WEDNESDAY 18TH, 3:30PM-6:30PM

Thank you for respecting Grand Ronde Community & Culture by not displaying gang affiliation and by not bringing drugs, alcohol or weapons to this event.

Location: Community Center
Supplies & Snacks Provided

YEP@grandronde.org or (503) 879-2034 for more information

