

WE ARE LIVING OUR ANCESTORS' PRAYERS



Caring for
ourselves and
our families is
a sacred act.

If you are concerned about yourself or a loved one's use of alcohol or drugs, consider talking with a health professional who can connect you with treatments and support. An Elder, trusted family member, or friend can be a supportive partner on the path to recovery.

To learn more visit: www.IndianCountryECHO.org/Recover



NPAIHB
Indian Leadership for Indian Health

**Plans of Safe
CARE**